

TITLE

**The Spiritual World
& Us**

AUTHOR

Saara Nousiainen

COMPUTER ASSISTANCE

Irene Nousiainen Sampaio

DIAGRAM AND COVER

Saara Nousiainen

First edition digitized

Year 2021

**This other Reality, which is investigated by more than a hundred
researchers, scientists and technicians.**

It reveals details about the spiritual dimension and how current experiences are reflected in the afterlife, causing suffering, or generating joy.

NOTE In Brazil, this book in printed form can be found at:
<https://aliancalivraria.com.br/>

Partial or total reproduction of this work is permitted for personal or collective use, without commercial purposes, but only for educational, informational, daily reading, or similar purposes, with the sole requirement of citing the source and the author.

CONTENTS

FOREWORD

PROLOGUE

CHAPTER 01 - Laws

CHAPTER 02 - Action and Reaction

CHAPTER 03 - Reincarnation

CHAPTER 04 - Did someone invent reincarnation?

CHAPTER 05 - Life after death

CHAPTER 06 - The phenomena of Hydesville

CHAPTER 07 - Allan Kardec

CHAPTER 08 - Scientific research

CHAPTER 09 - Spiritual world

CHAPTER 10 - Vices and Pleasures

CHAPTER 11 - Mediumship

CHAPTER 12 - Spiritual obsession

CHAPTER 13 - Why did Spiritism appear currently?

CHAPTER 14 - What Could Happen to the Earth and Humanity

SECOND PART

CHAPTER 15 - The Bible

CHAPTER 16 - What is God?

CHAPTER 17 - Who is Jesus?

CHAPTER 18 - Golgotha and Tabor

CHAPTER 19 - The Comforter

CHAPTER 20 - The prayer

FIRST PART

Foreword

Why the “today” of the humanity is so gloomy? Not only concerning the current difficulties, but the own experience of the human beings, when many people, with their interior lives illuminated by the light of evolution, are striving and sacrificing themselves many times in an

attempt to help, to collaborate so that the world becomes better. They do it in many different ways, from personal actions and examples of love to the participation in movements that look for the best for nature, the planet and the human being in his most diverse needs. These people are found in every social layer, even in the ruling ones, although in lower proportions.

However, the majority is getting the sleep of convenience, peeping at life through the window of their own interests and emotions, and diving into those they find most attractive. They are the ones who pass by time without taking the opportunity to grow up inwardly, enrich themselves with spiritual values and lift themselves up to a higher step of evolution.

And there is even a third group, that is of those who have power as a goal. They are those who, even in minority, weave the tissues of governance on Earth.

But why the “today” of the humanity is so gloomy?

The human eyes look for glimpses of hope, but that seems to escape before the climate changes, the effects from the Covid-19 pandemic, and the fear of the most powerful nations in deaf threats to the world peace, generating widespread terror and so on.

Then it is the case of wondering about the reasons of all these sufferings “chewing up” billions of human beings, while some others, even being from the worst kind of people that inhabit the planet, can keep their smooth and unconcerned lives, with abundance of food on their tables, luxuries of every kind and many other benefits.

Could it be possible that there are no lights shining on the horizons, waving at new hopes, new reasons to live?

But to spot these horizons we need first to be aware on the many inquiries that the evolution of the human knowledge already allows us to catch a glimpse of.

Only then it is possible to notice these lights that shine at the end of the tunnel and relieving the hearts that mourn the loss of their loved ones.

Finland, November 12, 2020

Saara Nousiainen

PROLOGUE

To clarify

Forgive me, dear reader, for my enthusiasm in my religious experience. It is impossible for me to talk about Spiritism without expressing my enchantment for the doctrine. There is a divine beauty in the science, doctrine and religion of Spiritism that shows the justice and wisdom of evolution and the mechanisms that governs both life and the material world.

My father was a minister of the Adventist Church of the Seventh Day in Finland, where I was born. I came to Brazil as a young child. As I grew up, I always tried to understand the church's concepts of God. Could He be so cruel and unfair? Was it possible for God to be almost always angry as presented by the Adventist Church of the Seventh Day? These teachings confused me. I did not know what to do.

Indeed, these and other concepts found in the Bible, which were said to be the word of God, left me perplexed. I asked myself why people are so different, not only in terms of suffering and opportunities, but also in temper, nature, degree of intelligence etc. I concluded that while the Bible says, God is wise, almighty, just and good; there is a direct conflict in the scriptures. The characteristics of some people at birth are good-natured, religious, ethical and have good moral values, thus being natural

candidates to go to heaven, while others are bad-natured, dishonest, aggressive, perverse, being perfect candidates to go to hell.

“God’s chosen ones” as stated in the Bible, was another question that afflicted me. How is God just when there is such a great partiality? In this phrase, God chooses among his children for some to be good and happy and others to be evil and suffer. This is the case in the readings of the Old Testament where Israeli people are “His chosen people”. This supposedly gave the Israeli people the right to destroy all those who were in their way, no matter how innocent, pure, and decent they were.

How is it that God, who is all just and good, could create imperfect beings, with negative trends? Then because they followed those trends, were thrown into the eternal sufferings i.e., hell? How could the all-knowing God create children to then be pulled out of their loving mothers’ arms, so that, they could be launched into hell? How would these mothers feel in Heaven knowing that their loved ones would suffer forever, with no right to a new chance? In my mind, the Omnipotent Being could not have planned such a monstrous plot.

Reading the Bible, as I had read since I was a child, I noticed countless contradictions and nonsense, which I was not courageous enough to make comments about at that time. However, I often asked myself, who could really guarantee that the scriptures were really the word of God? Is it possible that the Old Testament is merely a book that tells a story of deeply religious people, followed by the New Testament stating the life of Jesus with all his revealing teachings and true moral code? I remembered the tremendous contradiction in the Old Testament when God ordered the Israelis that had invaded some nation, to kill everything alive, except the virgins and that the virgins should “amuse” the soldiers. How could this be when that same God forbids killing, in the 10 commandments? The Old Testament also states that “God lived in the

tents and enjoyed the smell of blood of the sacrifices”, and many other similar stories.

These doubts did not extinguish the faith that I had in God, His justice, wisdom, or His love. I knew that one day I would find the truth where reason and common sense would be united with my faith.

One day when I was ten or eleven, one of my brothers who studied in São Paulo came for a family visit. I opened my heart and told him of my religion’s afflictions. He replied, “Dear sister, I am studying Spiritism. I have learned that we have many lives, and our character and daily trials are the result of what we have done in past lives”.

My Goodness!! Could this show the criteria for justice, love and wisdom of our Creator? Maybe the answers to my doubts would be found in Spiritism. This was a wonderful discovery and made me feel so happy because I could understand and feel that it was true. I decided to start studying the doctrine to check if it would agree with the innate concepts that I had about life. There lied the answer, the logical and clear explanation for so many of the religious contradictions that troubled me.

Some years later, I married a man who laughed about my religion and made it difficult to continue my studies in Spiritism. The moment came for my husband to be touched by the reason of truth. I opened the book, *What is Spiritism*, by Allan Kardec and read the first question. I thought to myself, “If things are just like I think they should be, the answer is more or less...and then read the answer. It fits exactly what I thought it should. I continued to the end of the book. The answers matched and even overcame my understanding of God’s laws and the mechanisms of life.

As I dove into Kardec’s teachings and researched other scientific works, I came across the book, *Spiritism Facts*, by the eminent scientist Sir

William Crookes. Sir Crookes was a member of the Royal Academy of Science in London and was the finder of thallium, among other discoveries. After four years of dedicated research on spiritual facts, he stated the authenticity of his findings to the scientific world: “I do not say that this is possible, I affirm that this is truth”.

I was exalted in finding the truth of the law of progress and reincarnation. It explained in a rational way a perfect concept of justice, wisdom, and love. At the same time, I was overwhelmed with the fear of some divine punishment, which I had been taught to believe by my father. What if these ideas were coming from Satan? I feared that I was committing some horrible sin. Reflecting on my afflicted soul, I looked for my Creator in prayer. From the depths of my spirit came a great feeling of peace and well-being. These ideas were calming and had an irrefutable certainty of the truth. Logic and wisdom were clearly in harmony and answered the doubts that I once had. Little by little a growing comprehension grew inside of me. There was a joy in changing the paradigms that I had been taught. We need not to fear God. We should learn to love and admire Him intensely without fear because He is truly wise, just and loves us. I could see how God speaks to us through the channels of our spirit when we are not chained to dogmas.

A pathway of discovery was found through studying and participating in Spiritism activities. Observing myself and others, I felt rectitude and righteousness grow inside me. I found the religion that matched reason to faith and thereby united my heart and mind. Today, these beliefs have established the parameters for a fuller life and given me peace and harmony.

The laws

Humanity can be compared to a child. When she is little, her parents teach her several rules of behavior: she cannot hit her little brother, she must not take anything away from others, she must not break things, nor put her finger in the socket; should not say bad names etc. In the past, if she did not obey, her parents would punish her in order to correct her. Today, really responsible parents find ways to curb their children's excesses, even if it is giving them punishment.

As the child grows a little more, he begins to follow those rules of conduct to avoid punishment, or to please his parents, out of love for them.

Upon reaching adulthood, however, she is already guided by common laws, no longer for fear of punishment or to please her parents, but for understanding that this is her duty; those laws exist to protect their own rights and preserve others.

In the infancy of humanity, the spiritual administration of the Earth sent Moses, who received the Ten Commandments on Mount Sinai and created a series of extremely strict laws, suitable to educate those proud and undisciplined people.

Afraid of divine punishment, the followers of Moses, that is, the Israelites, took care to obey and, in this way, were getting used to the idea that they should neither kill nor steal; that they should respect sacred things, worshiping only one God; that they needed to respect and honor their parents, take care of personal hygiene and the community, they should not lie, or harm others, and so on. It was the laws of DISCIPLINE, the First Revelation brought to that portion of humanity.

When they had already assimilated the ideas of justice and discipline, Jesus came, the Sublime Spirit, bringing the law of LOVE, the Second Revelation.

Men then began to learn that they were to love God above all things and their neighbor as themselves; be more tolerant, humbler, and meeker, learning to forgive all offenses.

These ideas then spread across the Earth in the light of the Gospel, growing in people's hearts and, today, humanity, already more mature, is able to understand and adopt the law of DUTY, whose knowledge was brought to Earth by Allan Kardec, in the middle of the 19th century, with the codification of the Spiritism Doctrine, that is, the Third Revelation.

This Doctrine came to teach that, for our own good, we must obey the divine laws, because everything we do is seed that we sow, and whose fruits we will have to reap. If we act in accordance with these laws, loving God, and others, respecting their rights, as well as life itself, we will reap happiness, health and well-being, both in this and in future incarnations. But if we act against them, we will answer for our actions.

Spiritism tells us and proves that Jesus was not only the martyr of the cross, but above all the Great Scientist who came to teach the science of living well.

NOTE: When we talk about evolution through the Gospel, we do not want to exclude religions that adopt other models, even because God has always sent superior spirits to Earth with the mission of teaching an ethics of life that is not just Jesus, because it is a cosmic law.

(NOTE. This chapter was translated by Google)

Action and Reaction

Quite often, we experience situations which seem incredibly unfair to us.

Just beside the slum, where so much suffering and poverty can be found, we will find the sumptuous mansion, whose inhabitants' profit from all that money and society can afford. Every moment, at different parts of the Earth, new children are born, some healthy and other sick, or with deformities or serious limitations. While part of humanity seems to be born with good disposition, dignified and honest, others demonstrate, since their early age, a true tendency towards stealing, lying, hypocrisy and cruelty.

The same can be said about intelligence, which is not essentially hereditary, given that many geniuses of science and intellectuality were sons and daughters of regular or not very brilliant parents. Meanwhile, parents of great intellect have often generated offspring with limited capabilities.

Then, we ask ourselves why so many – and so painful – differences among sons of the same Father? If those who are human, and thus fallible, would barely be able to treat their own sons unfairly and meanly, how could God, who is omnipotent, just, wise, and perfect, demonstrate so much incompetence and perversity?

Our senses say it cannot be... that there must be another explanation, otherwise, we would just fall into disbelief and denial; and we would suffer even more with the void that a lack of faith leaves inside us. The creature without faith is like a lamp that is turned off, in the middle of darkness.

Luckily, the day to get acquainted with the fact that reincarnation exists will come to everyone and so will the realization of the law of action and reaction (or cause and effect), which is called karma by eastern societies.

This knowledge leaves us at peace with the existence and we begin to see God, the universe and the mechanisms of life under another light.

We hence understand that we have already lived through many existences in the material world, and that we are the results of what we were and did in our past lives. We also understand that God is neither responsible for our inclinations, good or bad, nor for our understanding and skills, diseases and sufferance. We, ourselves, are responsible for the manner in which we lived our past existences, and also our present one. All that we have been is reflected on our present life. It is the “law of return” that gives everything we accomplished in the past, recent or distant, back to us. Planting is free, but harvesting is mandatory.

However, it is necessary to point out that the karma is not “negative” only, it can also be positive. That is, it is our "life account", with an outstanding balance, be it negative or positive. It is the return of bad and good things, of actions and omissions we committed throughout incarnations, and which can be attenuated by the practice of love and goodness. It is always important to remember what the apostle said: “Love covers a multitude of sins”. This means that if we dedicate part of our time and possibilities, our love, our work, a word, and material resources with the aim of diminishing our neighbor’s pain, or if we are able to show him/her a new path filled with more light and hope, our own life will be less painful to ourselves, as we are making ourselves useful to others. This guidance was provided by Jesus when He said, "To each according to his work".

It is also relevant to understand that not all sufferance is karmic, since they often represent our own need of evolvment. Pain is a divine

messenger which work as a wakeup call to the immortal values of the spirit. It is pain which shake us up and make us move forward, way from spiritual motionlessness. We may get closer to God by suffering, as well.

It so happens that many spirits, while planning their future incarnation, ask their mentors to be born with handicaps or other difficulties, with the aim of avoiding subsequent spiritual failures.

The spirit André Luiz, via the psychographic work of Francisco Cândido Xavier (Chico Xavier), tells us a story about a woman who requested to reincarnate with a certain physical defect so as to preserve herself from certain challenges and temptations, given that in her previous incarnation she had been very pretty and had had a spiritual fall caused by the abuse of sex.

Other spirits programmed their incarnations in such way as to face various difficulties, so as not to have spare time to be spent in addictions or vicious behaviors which had already affected them in past lives.

Our faults and all the evil we have done are stored in our deep conscious. While in the spiritual world, we have better access to these memories, and the moment comes when we feel the need to get rid of this heavy weight. We work then towards being able to have another incarnation on Earth, with the aim of redeeming ourselves as well as progressing and moving forward in our spiritual evolution.

As we can see, the Law of Action and Reaction is a manifestation of God's perfect justice and wisdom towards His creatures.

Fraternity feelings have the power to relax, eliminate the stress and make the better circulation of energies possible in the organism. It brings health and well-being.

Reincarnation

Why has the Christian world rejected so greatly the idea of reincarnation even though reincarnation reflects the most perfect wisdom, justice and is completely logical?

History shows us that in the early days of Christianity, the “church’s fathers” such as Origen, Athanasius and Clement of Alexandria accepted and taught reincarnation though it was not always truly clear in the documents. Saint Augustine wrote in Confessions 1 chapter VI: “Didn’t I live in another body or in some other place before I entered into the womb of my mother?”

Christianity acquired and adapted some of its practices from the Roman paganism to the catholic format. This is seen in rituals, hierarchy, images etc., which moves away from the idea of reincarnation and the teachings of Jesus. Jesus taught simplicity and poverty of life as well as loving God and the people. The Christian church did this to maintain control and power over its followers. If the Christian people had the knowledge of reincarnation, they would control their destiny. The church would not hold the keys to Heaven. If the followers could no longer be terrorized by threats of fire and brimstone of Hell or attracted by the glory and delight of Heaven, the churches’ power would dissipate in smoke.

Thus, all Christians, in fear of being called heretics, were forced to believe in the dogma that states the spirit is created at the time of conception.

After centuries of harsh teaching by the Christian church, a fear of sinning and suffering terrible consequences imprisoned the minds of the masses more and more in each Christian incarnation. So much so that

today, the simple act of questioning this Catholic or Protestant dogma now fills the people with fear of committing a terrible sin that they will have to pay for through confession or other means. We must remember what Jesus said: “you will know the truth and it will make you free.”

Which truth was Jesus referring to? It could not have been something he taught because he said, “you will know” referring to the future. Neither he nor his followers showed any new knowledge that could represent this truth. This is made very clear when he says, “the truth will make you free.” Until the truth comes the followers will be prisoners and only after the knowledge of the truth, they will be free.

The law of reincarnation with the law of cause and effect brought by the spirits and signed by the Spirit of Truth is the only true religious enlightenment after Jesus that can really set the Christian followers free. Allan Kardec assembled a magnificent collection of information and published it in “The Spirit’s Book.”

Jesus’ teachings are not a formula to free us. Some would say they free us from our sins, but the Christian World continues to sin as always. If one analyzes reincarnation deeply without the church’s preconceived mindset of divine justice, we become fascinated by the logic, wisdom, and love that our Creator had for us in creating the law of progress through successive lives.

Reincarnation is a true process of liberation. He who believes in reincarnation and in the law of cause and effect feels free. He is the owner of himself and has the unique responsibility of his own path. He knows that everything he sowed, he will have to reap later. Another disturbing question is the belief that each of the hundreds of Christian religions affirm that they are the only true and legitimate representatives of God. If I am of the religion X and I believe firmly that mine is true, what is the situation of the persons of the other religions that also believes with all firmness and sincerity that their religion is the true one? If the line of

demarcation between them is so thin, how can one know which one is legitimate? Jesus did not create any religion. He taught the ethics of life, affirming in several opportunities:” To every man according to his works”. He taught the importance of the virtues of the soul. He never said that someone goes to hell because he believes in this or in that.

Reincarnation is a very old philosophy. It is present since the most ancient civilizations and found in almost every religious system around the world including primitive tribes. This demonstrates that such an idea was not invented. It is as if this knowledge came from one’s own spirit.

Great thinkers like Pythagoras, Socrates and Plato affirmed reincarnation as a philosophic fundament.

Reincarnation and the law cause and effect (Karma) are expressed many times in the Bible.

In the episode of the transfiguration, after Jesus talked to Moses and Elijah in the presence of Peter, James, and John, they asked him “Why do the scribes say that it is necessary that Elijah comes first? Jesus answered by saying that Elijah had come but they did not recognize him, so the disciples understood that he was referring to John the Baptist (Matthew 17:12 e 13).

Now, if Elijah was John the Baptist, this fact could only happen through reincarnation, because John the Baptist presented himself to Jesus as he was in a previous life (Elijah), when he was a prophet of the Old Testament.

In Matthew 11: 14, Jesus confirms this truth when referring to John the Baptist, saying: “If you could understand, it will be the same Elijah who should come”. The Master had doubt about the understanding capacity of his disciples because he says: “If you can understand”.

The confirmation of reincarnation also appears in other texts: In Matthew 16:13-14 is said: “and Jesus asked to the disciples: What do the

men say about who I am? And some of them answered: John the Baptist; and others Elijah; and others, Jeremiah or some of the prophets”.

Now, how could Jesus have been some of these prophets of the Old Testament if not through reincarnation?

In the conversation with Nicodemus, who was a Doctor of the Law, Jesus was more explicit: “What is born of the flesh is flesh, and what is born of the Spirit is spirit; do not be surprised if I say, you must be born again (John 3: 6).

Civilization is measured by the degree that a town has a fair system; coherent and wise in its laws and how much it allows its transgressors the possibility to adjust the wrong deeds they have done to society.

In the Old Testament we can see how primitive man's notions of justice were. Could it have been God Himself that had made the Old Testament?

Reincarnation has already past the theses of religion and philosophy and is now being researched by scientists.

Countless scientists are dedicating their research in a wide range of investigations. Past life therapy, marks from past lives and even resources used by criminal experts like dactyloscopy, which analyzes and compares the fingerprints of people reincarnated with personality and memory of who they were in a past life.

In research made by the joint staff of psychiatrist Dr. Ian Stevenson when he was the director of the Psychiatric and Neurology Department at the University of Virginia, USA, Dr. Stevenson researched and catalogued more than 3000 cases, 20 of which were published in a book of 520 pages, entitled “20 Suggestive Cases of Reincarnation”.

In this research, one of the cases is about William George, an old fisherman from Alaska. The following is his history: George told his son and his daughter-in-law that if reincarnation were true, he would return as their son, i.e., as his own grandson. George gave them his gold watch and asked them to keep it for him. He told them that he would be recognized by the birthmark that he would have in his new body, and he showed them two signs on his body: one on the shoulder and the other one on the forearm. George affirmed that they would be the same marks. Some months later he disappeared in the sea, during a storm.

Sometime later the daughter-in-law, Suzan, became pregnant and had her ninth son who had the same two signs and in the same place as the grandfather. This curious trait was forgotten until the boy reached four years of age. The boy came across the old gold watch that the grandfather had left, and the mother had saved in her jewelry box. Immediately the boy grabbed it and said, “that’s my watch!” and would not let go of it. After tears and a scandal, the parents were able to take it from him even though he continued to affirm that it was his.

Dr. Stevenson registered all the evidence of reincarnation and observed that from an early age, the boy had remarkable resemblance of the grandfather. His likes and dislikes, inclinations, and little mannerisms as well as aptitudes were present in the boy. He demonstrated an inherent knowledge in everything that referred to fishing. He was able to inform which were the bays that had the most fish. Even the way he walked was similar, with his right leg leaning out, exactly the way old George did as he had hurt the thigh when he was young.

If that were not enough, the first time that he saw his grandfather’s sister he yelled out in excitement, “look, there’s my sister!!!” When speaking of his father and uncles he referred to them as his son’s and worried when two of them were exaggerating in drinking.

Other researchers, like professor Dr. Hemendra Nat Banerjee (University of Jaipur, India) with millions of cases and the Dr. Hernani Guimarães Andrade (Brazil) also had excellent results in their investigations related to reincarnation memories and birthmarks.

These spontaneous memories generally occur in children when they are about to speak. They make references in a very natural way to facts and situations of the last reincarnation as if the current life were a continuation of the past life. Some show themselves in conformed with the current situation like the case of a boy born in one of the poorest places of India and he said that he was of noble family. The researchers followed the indications given by the boy and arrived at that family that was located thousands of kilometers away. They verified everything said by the kid, including names of relatives and people he knew as well as the time and the way in which he died.

The memories were tied with the birthmarks that reflect the way in which he died or traumas that occurred during his previous life. The marks and memories occur when the rebirth occurs shortly after the death of the previous existence.

In 1997 Dr. Stevenson published a book in two volumes, with 2.500 pages, “Biology and Reincarnation”, with many documented cases of spontaneous memories related to birthmarks.

Also, the French physician Dr. Patrick Drouot has been finding answers for the reincarnation in the light of the modern physics.

At the same time, in other investigations, we are going to find health care professionals, for example the Drs. Morris Netherton, Brian Weiss, Edith Fiore, Dennis Kelsey and some others that are accumulating reincarnation experiences through the past life regression in their medical offices.

FREQUENTLY ASKED QUESTION

What is the difference between metempsychosis and reincarnation?

In the past, the teaching of reincarnation had two different aspects; one was the esoteric, transmitted to the beginners and the other to more advanced disciples.

The teaching of reincarnation to the beginners admitted that a human spirit was able to reincarnate in inferior beings. Metempsychosis is a means of maintaining the fear of the people high so that they will be obedient. Religious leaders claim that if the followers are disobedient, they will be reborn as an animal or vegetable. Later Judeo-Christian religions transformed the fear of reincarnation in the form of an animal or plant to the fear of going to hell for all eternity.

The second teaching of reincarnation corresponds to the same as the spiritualism as well as to the current scientific investigations. It does not admit the possibility of a man becoming an animal or vegetable. This would be regressive reincarnation, which is against the law of progress.

FREQUENTLY ASKED QUESTION

Why don't we remember our past life?

Nature is wise and there is always a reason for everything. Think about how it would be if we remembered all our painful and terrible experiences from past lives; if we remembered about all the bad things, we did and received; about the hatred and the love.

Do you think that our minds would be able to handle such a heavy psychic load?

We are blessed with the veil of unawareness, all the material collected in our reincarnations remain filed in our unconscious. This allows us to have a new existence with a completely new opportunity, to begin again

without suffering any pressure of the past life memories. Thus, the new existence can be reconstructed more freely. All of one's aptitudes, moral values and other individual conquests remain latent, giving continuity according to the opportunity. One can have access to some memories during a dream that will favor his or her life by helping to accept his/her test.

If we remembered our past life, how could we receive a son who harmed us in the past? However, with the veil of amnesia, the new parents eliminate the hatred that could exist in their new relationship.

Besides this, life is tiring. Throughout our reincarnation we lose a lot of energy. Our capacity of living, vibrating, and loving becomes exhausted. A person that has reached 80 or 100 years, even if he/she had the physical energy, would not find the same pleasure in his/her existence or the same search for challenges that he/she used to have when young. This is because he/she has already searched, lived, and got all he/she needed, and he/she is now in the tired stage and sometimes in the disappointing stage too. It is like a party that has ended, and all the energies have been consumed.

It would be terrible if a person had to live 100, 200 or 300 years. It would be difficult, if not impossible, for our minds to take such a big charge.

Death does not transform the person, he/she who is bad person here in our physical space will keep on being bad after his/her death; he/she who is miserly, proud, and immoral will keep on being equal in the spiritual world. Nobody will become a saint because he/she has died.

Frequently, spirits reincarnate in environments where they used to live in, or in a family that they lived together with. It is the opportunity given by the Universal Law to rebuild his/her ways, to correct his/her

mistakes and faults and to correct all the bad things he/she did in the past.

Spirits may also go back to earth in a strange environment. He, who was a bad son, will have the opportunity to be reborn as an abandoned boy to learn to give value to the family. He, who was proud, will have the opportunity to return in poverty conditions or subaltern to learn to be humbler, he who had prejudice perhaps will come back without health or may wish to work without physical conditions to do so. He, who spoke in a bad way, proclaiming false testimonies, stimulating immorality, violence, wickedness, or lack of believing in God, will in his life have the opportunity to be born with speech problems or completely mute because of the type of energy generated and accumulated in the speech organs. The same happens regarding the sexual deviations and other vices that interfere in the spiritual body conditions reflecting in future reincarnations problems. Suicide affects our spiritual body deeply and generates diverse anomalies when he/she is reincarnated in the future organism.

Spirits, with little evolution, reincarnate in their material body almost automatically through the mechanism that guides reincarnation. Those spirits that have more moral progress and those that bring important missions for the well-being of humanity are handled with great care, from the elaboration of their biological map for the formation of their bodies to the habitat that they will be raised in. The newborn's parents, family, and environment are chosen for the best completion of the task.

Reincarnation is the only plausible explanation for the innumerable differences that exist between persons, starting with the belief in the existence of a just God that is responsible for the laws that administer life. Reincarnation reflects the balance and wisdom of the evolution mechanisms. Our difficulties and sufferings are great instructors that teach us how to live.

Indeed, our mistakes here in the earth are the cause of our suffering. Not because God punishes but rather because suffering is one of the necessary teachings that guides us toward spiritual progress and evolution.

FREQUENTLY ASKED QUESTION

If love is the greatest law of the universe, how do we forgive our enemies and love them?

Reincarnation transforms hate into love through covering the faults of the past and allowing us to learn to live and love each other with new experiences in a new family. The love that is generated by giving birth and raising a son or daughter neutralizes and/or dissolves the negative energy that resides in the unconscious.

During the early years, the newborn grows up and learns to live together, according to his new family environment. As he/she grows up, impulses from the unconscious of old disputes may arise although lessened by the new situation in the family. The intensity of love during the early stages of life affects the nature of the unconscious and lessens the disputes that reside in the unconscious.

This explains the intense conflicts and even hate between parents and children, which would be totally unexplainable without the knowledge of reincarnation. Successive lives with one's enemies provide the means for forgiveness and peace in the minds of those who once hated each other.

FREQUENTLY ASKED QUESTION

Why is it that some children are born with a good nature while others seem mean, perverse, and dishonest?

If God is wise, all-powerful, good, and just, how is it that some are born with good tendencies, ethics, and values, as they are natural candidates for “heaven”, while others seemingly evil, dishonest, and aggressive are perfect candidates for “hell” according to the Christian beliefs?

It's impossible to conceive that God, good and just could create beings so imperfect with negative tendencies and inclinations toward evil only to then submit them to eternal suffering. How could God take sons from their mothers to sentence them to Hell forever? How would these mothers feel in Heaven, knowing that the children they loved are facing the worst sufferings and will be there forever without the right to have another chance to correct their acts and ways?

Those who are born with good in them demonstrate the values that they have acquired in past lives. The same is true for the diverse aptitudes, inclinations, intelligence that the children show without having been exposed to an adequate learning process in their present life. The lack of spiritual progress in past incarnations is shown through those who present bad character, aggression, and low intelligence.

It is inconceivable to believe that God, good and just, could create beings to be born in miserable conditions with deficiencies as blindness, deafness, dumbness, paralysis, deformities as well as so many other horrible sufferings, while others have perfect bodies and health, without the key of reincarnation to explain why this happens. In the same way, it is impossible to understand why some are born with little intelligence and in conditions of misery while others are intelligent, with various aptitudes and the condition of wealth, without the key to reincarnation to explain why this happens.

The truth is that, without reincarnation, no philosophy or religion will be able to satisfactorily explain how the Creator could make so many differences among its creations. The knowledge of reincarnation allows

us to understand that we are today the result of what we have done in the past. That God does not chastise us but rather the mechanisms of His laws, through adequate circumstances, allow us to heal and correct our guilt as well as learn what we need to progress to the next step. A guilty conscious made through our actions in past lives is filed in our unconscious and acts as a nucleus of energy or a magnet that draws us to the circumstance that we need to heal and correct our guilt.

God is wise, just and all loving. He knows exactly what he is doing with his rebellious children. His wisdom guides us through the path of evolution without jumping over what we have not yet achieved. In this way, He does not violate our limited ability to progress spiritually. And so, knowing the laws of reincarnation and of cause and effect, we can love God's grand wisdom, His justice that orients life and His love that we feel vibrating from the intimate of our hearts to the animals and even the plant life around us.

You can learn more about these subjects in "The Spirit's Book" or "The Gospel According to Spiritism" by Allan Kardec.

CHAPTER 04

Who invented reincarnation?

History shows us that there is a constant evolution on this planet.

In ancient time, sacrifices were offered to the Gods. That was the mentality of the epoch.

Slowly changes brought progress, which in turn led to the notions of civilization.

Christianity radiated a new light on the teachings of love, forgiveness, and compassion in a time when violence, hate and vengeance were present in man's nature.

Is it possible that today, in this era of science and technology, the religious axioms should remain in the same format as in the epoch that they came to light two thousand years ago?

If someone invented the reincarnation theory, as some people say, then who did it? Was it Satan? Were the human beings?

If Satan or human beings invented reincarnation, then they would be much wiser and have a greater sense of justice and love than God Himself.

Why?

It is because the explanations given by reincarnation show life, the universe, and the living beings being ruled by wise and fair mechanisms. With this perspective, each rational creature is responsible for itself, for its own development as a cosmic being, a part of life and the treasures left for everyone, from the intellectual and artistic to the cultural and affective ones etc. It also shows how all of us always have new and renewed opportunities for readjustment before the great laws, being able to redeem our mistakes and to set our conscience free from its faults in a fair and legitimate way.

On the other hand, there are religion theories based on the Bible, seen as the word of God, and taken literally. It shows the system which rules life as something extremely unfair, cruel and without creativity. It shows God involved in the human quotidian, trying to take advantage of people, easy to deceive, and partial, tyrannical, sadist, cruel and incompetent for not knowing how to guide His creatures through paths that lead to growth and perfection. (Note: in the chapter 15 "Bible" there are more details on

the subject, with indications of where can be found, in the Bible itself, all these approaches to which we refer)

But if we are going to see God as the first cause of everything, as the absolute intelligence, justice, wisdom, and love, as Jesus showed Him to us, and as is shown by our own reason, then we have to believe in reincarnation and in the law of cause and effect. Otherwise, there would be more intelligent, competent, and creative beings than God to have visualized this magnificent law.

But would it be possible for any being to be more evolved than God?

This is what is said by the theory that shows Jehovah as the Spirit responsible for the evolution of the Israelites.

The incongruence and absurd found in the Old Testament allow us to think of some hypotheses, as shown by Jayme Andrade in the book "*O Espiritismo e as Igrejas Reformadas*":

a) Moses certainly said that all those moments of anger, threats and cruel orders found in the Old Testament, as the holocaust, offerings, etc. were ordered by the divinity so that he could gain the respect of that rude and proud people.

b) There is a great possibility that the spiritual beings responsible for the evolution of the Israelites would be represented by Jehovah, a tribal deity, maybe even more than one, as in Genesis 3:22: "And the LORD God said, Behold, the man is become as one of us in knowing good and evil".

c) The protector of the Israelites would have identified with a warlike nature as the Israelites themselves because every man, woman, and people have a spiritual guide compatible to their evolutionary stage; maybe this guide was one of their ancestors with enough authority to rule them.

This hypothesis is confirmed in 2 Samuel 7:6 when Jehovah says: “I have not dwelt in a house from the day I brought the Israelites up out of Egypt to this day. I have been moving from place to place with a tent as my dwelling” (it is also mentioned in 1 Chronicles 17:5). In Numbers the chapters 28 and 29 show the continuous offerings and the solemn parties where they would sacrifice goats, lambs, bullocks, rams and drink alcohol and it is said that the aroma was delightful to the Lord as in 28:27: “but ye shall offer a burnt offering for a sweet savor unto Jehovah: two young bullocks, one ram, and seven male lambs a year old”

Think about how absurd this is: the Creator and keeper of the universe and life dwelling in the tents of the Jews and being delighted with alcohol and blood.

This kind of behavior is only seen nowadays in witchcraft, sorcery or other rituals intended to do harm to people.

So, we ask: how can a spirit have any benefit from it?

Only less evolved spirits, with their spiritual bodies still very linked to the matter would feel pleasure in animalized energies.

As a conclusion, we see that the Bible when taken as something sacred and untouched is nothing, but a tool used to alienate people’s conscience causing great damage to the spiritual evolution of everyone who reads it without really analyzing and questioning it.

CHAPTER 05

The life after death

A very frequently asked question relates to the continuity of life after death. Various scientists and researchers have dedicated themselves to finding answers for this question and such answers indicate we do not end at death; religions have also affirmed that, in some way, life continues in the afterlife, even if only in a latent state, while waiting for its resurrection.

A question of the highest importance thus arises: If we are all going to die one day, how will we situate ourselves in this “after-life”? Are we going to be placed in some celestial storage facility, and wait for the final judgement? Or maybe we will be left in a state of exhilaration staring at the divine throne, forever and ever? Or maybe we will be placed on a cloud to play the harp?

Would a being of such dynamic nature, as are human beings, be able to stand a state of idleness, apathy, and emptiness, for all Eternity?

The spirits, themselves, have given a most comprehensive explanation about the "other side" of life. This information arrived mostly by the work of mediums via psychographic communications, located at various places on Earth, on various historical periods. The EVP has also served to spirits, who communicate via electronic equipment, to pass on similar information.

On these messages, mostly addressed to relatives and friends, spirits tell their experience while crossing to the other side – the spiritual dimension – and how this new reality presents itself.

The first detailed news we heard about this spiritual world were brought by Reverend G. Vale Owen, a vicar from Oxford, who mechanically psychographic various messages from his mother, already deceased, and from other more enlightened spirits. These messages, which are, in fact, reports about dimensions that are invisible to us, were published in 1920-1921.

However, the messenger of much broader and more detailed reports of an spiritual dimension, and the life and activities of its inhabitants, was the spirit of Andre Luiz, who authored 11 books psychographed by the medium Francisco Cândido Xavier (Chico Xavier): *The Astral City, The Messengers, Missionaries of Light, Workers of the Eternal Life, At the Bigger World, Liberation, Between Earth and Sky, At the Domains of Mediumship, Action and Reaction, Sex and Destiny, And Life Goes On* (not all have been translated into English yet).

André Luiz shows us that this other side of life is like the side we have here. There are many similarities. Nobody is wandering around as a ghost, nor playing harp on a cloud. The spiritual world is as real and dynamic to spirits as the physical world is to us.

This is the main reason why many spirits do not know, or cannot believe, that they have passed away. These are those who thought that by dying they would go to heaven, to purgatory or even to hell, or that death would “erase” them forever. Instead, they find themselves almost in the same situation as before. Many go back home or go back to the working environment. They see people and speak to them, but as one can imagine, people do not pay any attention to what they say or do. Based on this, they believe they turned out going crazy or that they are living an interminable nightmare. Some watch their own memorial service and burial, but do not accept the idea that those funerals are theirs.

Various spirits on these conditions may approach somebody else, namely a relative or a friend, and may start to “feed” from his or her energy and at the same time communicate his own suffering, which may provoke numerous symptoms, both physical and mental, not really treatable by conventional medicine.

One of the main activities of a Spiritist Centre, especially in Brazil, is the instruction of such spirits, better known as “suffering spirits”. Mediums are prepared to incorporate a spirit like this while a trained

instructor speaks to him or her and explain the reality. The entire group involves the suffering spirit in a vibration of love and peace. In this way, his pain is alleviated, and his vibratory level starts to improve.

Such vibratory elevation is necessary so that he or she can be assisted by benefactors and taken to a treatment centre in the spiritual world.

There also those who, after the death of the physical body, return to the spiritual world quite conscious of what is going on, that is, they know, or at least have a guess that they disincarnated, or “passed away”.

When somebody dies (disincarnate), it is very important to send him or her vibrations of love, instead of the usual manifestation of despair that takes place in these occasions.

Spirits, through mediumship, have very often told us about their dramas, having reported about their sufferance and afflictions due to despair and lack of balance of their relatives and friends, after their death. They report that the tears shared by their beloved ones who stayed behind arrive to them with a lot of intensity and thus cause them very intense distress.

For all these reasons, while facing the death of a dear one, people should maintain a respectful, peaceful, and balanced attitude, and be in a state of prayer. The one who has just “left” needs these vibrations of peace and these prayers, very much.

RELEVANT QUESTION

What is vibratory frequency?

Thought and emotion produce what is called, vibration, and its substance reflects what is in our soul, thus defining its frequency, from the lowest to the highest level our own condition may generate.

The writer Francisco Carvalho, on the book *Human Energetic Influences*, elaborated an imaginary scale that goes from 0 to a 100 degrees, with the following values: at the degree 0 we have hate, the emotion with the lowest vibratory substance; at 10 the desire of revenge; at 20 envy and jealousy; at 30 resentment, bitterness and so forth, up to the neutral feelings, which are place at 50 degrees. At 70 degrees, at the positive zone, we will find hope; at 80 faith; at 90 prayer and joy; and finally, at a 100, it is where love is located, the strongest positive vibration that exists.

At the scale of negative vibrations, we may add the numerous vicious behaviours, addictions, cruelty, perversity, and other types of perversion; and the conversations about topics related to lower passions and addictions, etc.

On the other hand, in order to elevate the vibration substance, we could add the noble feelings, the readings and conversations directed to subjects relating to religiousness, fraternity, and pure love; the healthy joy and meditation about light topics, in short, everything that may connect us and open our channels towards the highest forces of life.

This information is based on scientific research such as the very well-known studies which were carried out by North American universities, in which a group of people vibrated with feelings of hate and desire of destruction towards some plants placed in a room, while another group vibrated with love and affection towards plants located in another room. The first group of plants suffered all the damning effects of those vibrations: they faded, and some even died. The other ones, which received the vibration of love, became healthier and even prettier. Well, if a plant may suffer such influences, what can we say about human beings!

Concerning information about spirits and the spiritual world, there are an extensive bibliography in the subject, particularly the works psychographed by Chico Xavier, which include writings and signatures of persons who have lived. When analysed by scientific experts, these concluded to be indeed the handwriting and signature of the deceased person who claimed to have dictated (or written by incorporation) the piece of work.

CHAPTER 06

The phenomena of Hydesville

Spiritism was not created by a person or by a spirit. It was not the result of some old book found accidentally. Spiritism was founded through a gigantic work carried out by legions of spirits. They started to reveal Spiritism at approximately the same time, in many places around the World, giving us information about the invisible and intangible Universe.

The earliest record of spirit communication started with noises. It is the most important record of the Christian history.

Sir Arthur Conan Doyle, in the book History of Spiritualism, tells us these records with all their detail.

Doyle says that the noises had started occurring in a village called Hydesville, in New York State at a residence inhabited by a family named Fox, consisting of the father, the mother and two children, Margaret, 14 years old, and Kate, 11 years old. Their religion was Methodist.

The Fox family heard strange noises in their house that seemed to be produced by scratches. Sometimes they were simple taps, other times

sounded as dragging of furniture. The noises went on for days. The girls were so alarmed that they went to sleep in their parents' room.

On the night of March 31, 1848, the sounds became stronger and more vibrant than ever. Kate in a courageous impulse, defied that invisible force to repeat the taps according to the number of fingers she chose in her hand. This challenge was answered immediately. Kate continued asking and each request was soon replied with a new reply (noise).

A code based on the number of taps was soon established; for example, one tap was equivalent to a YES, two taps to a NO, and so on...

Mrs. Fox had a great surprise that night in the conversation that they had with the invisible force. The unknown force said that Mrs. Fox had seven children. She protested saying that she had six, until remembering herself that she really had another son, who died in early days. The death of a child was common in those times when women had large number of children.

What could that force be? Was it a strange and intelligent force, that demonstrated specific knowledge of Mrs. Fox's life and knew it better than herself?

Some neighbors had been called to witness the strange phenomenon; some had been astonished, other terrified, when they received the right answers about their personal questions.

Then, that unknown invisible intelligence said that he was a spirit and that he had been murdered in that house. The spirit indicated the name of the previous house owner. He explained that he had stayed there and was killed to steal his money, and that he was buried deep in a cellar.

Then, one of the persons suggested using letters of the alphabet for the formation of words, stipulating determined number of strokes for

each letter. This spiritual telegraphy facilitated the communication and started to be used with success.

The phenomena of this communication at Hydesville had great repercussions. The curiosity of the public was so great that the Fox family moved to New York City, where they continued to give public sessions of the spiritual communication.

In Europe, a short time later, the spiritual phenomena started at events they called “games or hall games”. The people did not have entertainment as we do today and so the games quickly became a common activity. In these games, the people had fun making questions to the Spirits and receiving their answers through an established code, which was based on raps of a small three-legged table that would rise and hit on the floor with one of its legs. Thus, making the communication.

The scientist, Allan Kardec, upon seeing this “game” decided to research the phenomenon in order to unmask what he thought to be a fraud.

CHAPTER 07

Allan Kardec

NATURAL QUESTION

If in ancient times human sacrifices were offered to the gods, why do we not do the same nowadays?

History of humankind proves that everything is in permanent evolution.

In those times, human sacrifices were offered to the gods. This was the mentality that prevailed then. It has been changing according to the progress of humankind, giving place to more developed ideas.

Christianity has also brought new light, while teaching love, forgiveness, serenity, in a time when violence, hate and revenge were a full part of human's life and nature.

NATURAL QUESTION

In present times, an era of science and technology, should religious thought remain the same as that of two thousand years ago?

On the text about the Hydesville phenomena, we learnt how the western world became aware of the existence of a spiritual dimension.

It is important to keep in mind that these were not the first mediumship cases in history. These have always been present, being as old as humankind. History is full of these phenomena. The life of Jesus, for example, was a continuous contact with the spiritual world, from obsessing spirits (then named demons), to enlightened spirits, as happened at the Mount Tabor, explained in another text on this webpage.

In the 19th Century, men were on the path of significant scientific and technologic advancements. It was thus necessary to open to transcendental wisdom, which was transmitted by various mediums, in various parts of the globe, and codified by Allan Kardec.

Kardec was born in Lyon, France, on October 3rd, 1804, having been baptized with the name Hippolyte Leon Denizard Rivail.

He received solid education and concluded his studies at the famous Institute Pestalozzi, at Yverdon, Switzerland.

In Paris, after receiving his bachelor's in Sciences and French, he became a Master, taught chemistry, physics, math's and astronomy, wrote didactic books, and joined various academic circles, including the famous Royal Academy D'Arras.

During the first half of the 19th Century, the spiritualist phenomenon was seen like a "game" of entertainment in Europe. Rivail decided to investigate it and believed it to be a fraud. However, he obtained an evidence so strong of the presence of spirits responsible for those occurrences that he had to accept the facts.

With the help of mediums, in their most part adolescents, he elaborated questions to the spirits and took note of the answers given by them. Such questions addressed various complex issues which clarified subjects related to the human soul, its past, present and future; to life, the universe and the laws that control all of it.

Around this time, Rivail also started to get letters containing messages of the spirits, pyrographed in the various parts of globe and containing similar explanations to those he received in Paris.

This contributed to his understanding that such information had come indeed from the higher spiritual circles, as it was coming from different and quite distant places on Earth, and people did not necessarily have any knowledge about each other's work and messages received.

With this material in hands, Rivail organized the questions by subject: *The Primary Causes, Spiritual or Spirits' World, Moral Laws, and Hopes and Consolations*. He also added his own comments and observations to the answers given by the spirits, in an outstanding work of codification. This was all reunited in the *Spirits' Book*, published in Paris on 18th April 1857.

Given that Rivail was well-known and respected, not only by his character but also as an emeritus professor and author of various textbooks, he preferred to publish the Spirits' Book under a pseudonym:

Allan Kardec. It was revealed to him that he had had such name in another life, when he had been a Druid priest.

Other books followed: the *Medium's Book*, the *Gospel According to Spiritism*, *Hell and Heaven*, and the *Genesis*. The five books form the codification of the Spiritism Doctrine.

Spiritism, thus codified, represents a true universe of information and fresh knowledge, which presents life and evolution through a broader angle, and whose mechanisms are truly fair, wise, and coherent with all that we experience in our daily lives. It gives us peace, serenity, hope and consolation; it makes us see that everything has a coherent and just explanation.

The Spiritism Doctrine preaches a healthier conduct for our mind and body, and a ethical behavior which can be more compatible with our evolution's needs.

NATURAL QUESTION

Why has Spiritism been so rejected and even prosecuted in various countries?

During all times, new ideas have been summarily rejected, especially when they contradict well established dogmas. With Spiritism, it would not be different.

Furthermore, the Spiritism Doctrine ends with the religious power, and thus affects huge interests. It does so by affirming that salvation does not come by religion, but only by the conduct of each individual. The Doctrine also informs that there is no salvation, given that no one is lost; there is reincarnation and the law of cause and effect, whose functioning leads beings into progressing. Finally, it shows that each person is the sole responsible for his or her present and future.

Spiritism is not a religion, given that this word means dogmas, priests, rituals, sacraments, obligations, adoration, etc.

Christian religions preach the divinity of Jesus and his state of "sole Master and Saviour" whom, with his sacrifice, with the spilling of his blood, saved the men who were baptized on his name and believed in him.

In Spiritism, there are no dogmas, priests, cults, rituals, sacraments, obligations, adoration. Spiritism is formed by the tripod: Science, Philosophy and Moral, firmly founded on the religiousness and ethics taught by Jesus. It informs that Jesus is not God, as made clear by the Gospels, but a spirit of an extremely high spiritual rank, who came in the world to promote the spiritual progress of men, by teaching them love as the fundamental law.

NATURAL QUESTION

What is the difference between religion and religiosity?

Religion is something that was created by men, with all their idiosyncrasies and according to its creators' understanding.

Religiousness is that feeling that inner condition, which leads a person to believe in a superior being in whom he can trust and shall obey through his own consciousness, who gives him rest, hope, trust, and joy. It is religiousness and not religion that takes somebody into spiritual bliss.

Religiousness is found in each one of us, according to our degree of evolution and our psychological characteristics, although it may be hidden by indifference, disbelief and other materialist concepts and concerns.

In a primitive being, it may be mixed up with fear and other superstitions and interests, due to the being's little understanding and evolution.

Religiousness is inner light and should not be confused with a desperate search of religion, as religiousness is never motivated by fear or personal interest.

NATURAL QUESTION

What type of interests may lead somebody into looking for a religion?

The most varied interests may lead somebody into looking for a religion, starting with those which are material (the wish to find a job, a good, to be promoted, to achieve a better status, success and prosperity), covering also those of spiritual nature, which vary according to one's individual belief: wish to not go to Hell, to get a better place in Heaven or in the spiritual world; to become the favorite pupil of a certain Saint; to get purified from sins so as to be taken to Heaven by Jesus, when He comes again; to have the feeling of being protected and guided by a superior being, etc.

The number of reasons is so varied that a believer who is moved by such interests, when not heard in his claims, find it hard to keep the faith alive.

There are also those who follow tradition. They were born under a certain religion and remain under it.

In the Christian world, only a small part of people search religion to nourish religiousness, or to be dedicated to what may be understood as a missionary task.

If we think about the religious issue with a higher degree of mental freedom, and without prejudices, we may conclude that the future of religions resides in religiousness and not in religious formats.

It will also be easy to understand that there is not only one correct, true, or legitimate religion because all of them, despite their interests, carry some form of sincerity, truth, and the presence of God, under different names.

Regarding Spiritism, there are no hierarchies nor ministers within it. Why should we have intermediaries between the creature and the Creator, if those are as imperfect as any other human being?

Jesus repeated that each person is the sole responsible for his or her own life, not because of any grace, but because of every attitude, omissions and actions taken daily.

Allan Kardec, while codifying the Doctrine of the Spirits did not intend to create another religion. He even avoided using this word, as he saw Spiritism as a science and a philosophy with moral consequences. On the *Gospel According to Spiritism* he addressed the moral aspects of Christianity since the Christian moral is admired even by non-Christians.

Kardec established three criteria for accepting the teachings of spirits: the universality of information, its utility and rationality.

The famous French astronomer, Camille Flammarion, when speaking at Kardec's memorial service, said Kardec had been (or *was*, given that he was not dead, but disincarnated) "the good sense in its incarnated form", such was his lucidity and balance while addressing topics of great deepness and complexity.

Spiritism is a philosophical doctrine, with a scientific basis and moral consequences. It aims, above all, at liberating the human creature from material, ritualistic and theological mind conditioning, so that he or she can grow and awaken his or her inner light.

Spiritisms' practices are absolutely free of charge and always have the aim of doing good, with love and balance, without any impositions.

CHAPTER 08

Scientific research

Scientists and scholars from the most diverse parts of the earth since the mid-19th century are dedicating themselves to investigating this universe of phenomena and situations related to the spirit. So far, none of this research have invalidated any of the spiritism theses. On the contrary, they have only confirmed them.

There are many serious studies about these issues, but since it is not possible to go into further deepening in a book like this one, we suggest to those who want to know this research better, to look for these information's in the extensive bibliography there is on the subject, mainly in the most recent one. Also, in the book "What Happens After Life", we present abundant research and evidences that life continues after the death of the physical body.

We can, however, name some of the most current:

The Scoble Experiment

Is considered the most important scientific investigation of life after death evidence.

The group had formed in early 1993 and operated completely independent of the spiritualist movement or any other organization. They were non-religious and non-sectarian. Their work was intended to be universal and to embrace people from all spheres of life, regardless of their beliefs.

They have met in experimental sessions twice a week to develop tangible and objective physical paranormal phenomena in the basement of a house in the village of Scole, in the Norfolk region - England, which had become an experimental science room.

The accomplished experiments were often followed by teams of the Society for Psychical Research (SPR) members, in London, and yielded an extensive report made by the scientists who accompanied these experiments, proving their veracity. The report was identified as “The Scole Report”.

Among the various experiments carried out, it can be highlighted the transportation of objects, levitations, materializations, paranormal lights, direct voice, audio, and video **instrumental transcommunication**, and much more. All performed under strong control by the team of scientists who witnessed the experiments.

Leaders team informed that “shortly after the start of the ‘Scole Experiment’ a spirits group, who called themselves the spiritual team, presented themselves during the experimental sessions. Several of them had been scientists when they were on Earth. By pioneering new forms of tangible paranormal phenomena, they sought to prove conclusively that death does not exist and that there are other dimensions of existence. These other dimensions are hidden from normal perception due to our senses and current scientific instruments limitations”.

The group was also informed that the spiritual team consisted of “thousands of minds”, all working in unison to achieve this tangible

proof of the existence of other dimensions, and that other teams were preparing to work with similar groups. Some had already started.

There were various images produced in films; many of them obtained during a full light period, even portraying lively faces. These moving images from "other dimensions of reality" were really surprising.

At other times, the camera left on the table started moving in the total darkness of the room, and this movement could be accompanied by the sounds of the camera being activated. At the end of the session, when they were going to check the film with the certainty of finding nothing, since to take a picture, it is necessary to have clarity, they were surprised with the great amount of pictures that had been taken, some with the most diverse faces, others very strange. The spirits once reported that a particular photo was of a man who had died a few years ago, and they informed his name and address. The researchers went to investigate and found the daughter of the deceased who recognized the father in the photo, becoming very emotional, as expected.

As time went by, and with the fascinating progress of the most diverse experiments, the group decided to publish them in a book, in view of the importance of a wider public being aware of the Scole Experiment, since it had far-reaching implications for everyone. They understood that "it could change the way we collectively see the nature of life itself". And they did not forget to recommend to readers to suspend all prejudices during this reading.

They consulted the spirits, which considered that the time "was really right" to bring this information to light.

Scole Experiment has become widely regarded as the most important scientific investigation of life after death evidences. Highly qualified and objective scientists, and a whole range of other people who participated in the Scole Group sessions - **with experiments that lasted 5 years,**

and 500 sessions, for a total of 1000 hours, in various locations and in different countries - were convinced that invisible disembodied intelligences (spirits) were making direct contact with those present.

Thus, it is understandable that the first edition of this book, published in the United Kingdom in 1999, with the title: *The Scoble Experiment: Scientific Evidence for Life After Death*, has generated a great discussion in the national and local media.

Numerous radio and television programs published the story. National newspapers devoted extensive columns to it. The Times placed *The Scoble Experiment* on the front page of its Sunday magazine, and the Daily Mail published the book on its central pages for several days. A fierce debate has also surfaced on the internet.

If the evidence is accepted, the implication is simple: we humans really survive the event of death in some conscious way.

A new and expected 2006 edition included an update on the fascinating progress of ongoing experiments involving Scoble's mediums.

The Scoble Experiment: Scientific Evidence for Life after Death, presents the 5 years and 500 sessions of experiments for the reader in general, and so "important for science", in three books: <https://www.thescolexperiment.com/> and including images, descriptions and analyzes, in an 86-minute cinematic documentary on Youtube: https://www.youtube.com/watch?v=6qSEi_sfaSU&t=2438s in English.

Another research that still stays active, presenting important results, is the:

Instrumental Transcommunication (IT)

The research on Instrumental Transcommunication-TCI, has aroused the attention of several scientific media, and most of those who perform them in laboratory conditions, are from the area of physics, electronic engineering and specialists in signal processing, with support of mathematics.

One of the great researchers of Instrumental Transcommunication - TCI, father François Brune, closing his book “Direct Line From Beyond”, states:

“I am truly convinced that, with ITC, we have a fantastic new means that guarantee us our survival after death.”

In Sweden, 1959, Friedrich Jürgenson while recording bird calls, registered strange sounds amid his recordings. This marked the beginning of what was to become Instrumental Transcommunication (ITC). Initially, Friedrich was frightened by the mysterious noises, acoustic signs, mixed phrases within the bird calls. As he studied the sounds more deeply, he found that they were voices of dead people that were speaking to him. Friedrich began to ask questions and receive answers in his recordings. The phrases were short and at first they didn't make sense.

Jürgenson had doubts about the origin of the communication and began to research in several experiments to confirm that the sounds were coming from communication of spirits. Friedrich concluded that the sounds were recordings of deceased people that were speaking to him. Convinced of his findings, he decided to present his works to a scientific community including scientists, computer technicians, parapsychologists and news editors. His first book on instrumental transcommunication was published in 1964 and named “Rösterna Från Rymden” (Voices From the Universe).

This was the first scientific research on ITC. The United States became interested in the new field and invested in further research with scientists and specialists. A wide range of communications were sought

through building specific apparatuses that used various techniques, which later evolved into using of computers, radio, fax, telephone and TV sets with sound and images.

Jürgenson died in 1987. During his funeral, in a city 700 km away, an ITC researcher received an intuition from Friedrich to tune his TV to an inexistent channel and prepare to photograph an image that would appear. After a few minutes, a sparkle appeared in the corner of the screen. Little by little the image of Friedrich Jürgenson could be seen on the screen. The pictures and a report of the amazing event were published by a well-known Brazilian scientist, Dr. Hernani Guimarães Andrade in the newspaper “Folha Espírita”.

The research of the borders of death increased with the proof of **Instrumental Transcommunication**. François Brune, a **French Catholic priest of the St. Sulpitius order with a vast knowledge in culture and languages, dedicated himself to ITC. In 1987, he met in Luxembourg** the couple of ITC researchers Jules and Maggy Harsch-Fischbach, who had conducting experiments and established contact with spirits (voice and images) through electronic devices.

Priest Brune, after exhaustive investigation and analysis of the phenomena concluded that the manifestations were not fraudulent, or interference from radio or television or even conscious manifestations (collective or individual) but rather came from “the dead”, or spirits. Some phrases were made in various languages demonstrating that it could not be from an earthly radio station. For example: "Tacha, Raudive. Tev de Gratulation Konci! Pekainis. Tev nav ko eilt, Konsta".

This sentence was a mixture of Swedish, English and a dialect from Letonia and German and means: “Thanks Raudive. Congratulations for you Konst. You need to move quickly”.

ITC is a difficult means of communication because it communicates between different dimensions. The spirits inform us that there is a difference in frequency and in the flow of time itself. Some ITC communications are performed with materials in the environment to give the spirits' voices an audible shape to the material dimension. To this end, much preparation is needed.

Priest Brune, during an ITC session in Luxemburg, states that Jules had tuned the radio between two stations, which gave the effect of a shrill. Maggy spoke alternately in French and German to a number of spirits (spirits that had previously spoken in ITC). Little by little the noise changed. At first, it was indistinct. The phrase started in the middle, making it unable to be understood. Suddenly, the voice came through clearly: “an immaterial substratum, or whatever the name one gives i.e. principle, Soul, spirit or a parcel of eternity that escapes from destruction. The unhappiness, today, is that people fear death...”

The full text as well as all of the sequence of researches made by Priest Brune are in his book, “Direct Line From Beyond”.

During an ITC conference in Fortaleza-Ceará-Brazil in 1994, Priest Brune played a recording on his small tape recorder, reproducing that text and other ones before a large auditorium. One perfectly audible recording was the voice of a spirit speaking in French. The voice coming from the other dimension was of a high priest of the church and affirmed that we are travelers of eternity, life does not end with death of the material body and that our relatives that have passed away on the “great journey” did not disappear but rather are in another dimension of life and that they can communicate with us.

The amiable priest after having spoken about the marvels of the spiritual world in their superior dimensions, narrated by the spirits, finished his communication with a witty air:

“What are we expecting for after death?”

Priest Brune in his book “Direct Line From Beyond” involves the Church in the pioneering research of ITC. The first case he reports is from the experimental physics laboratory of the Catholic University in Milan, Italy with the renowned physicist and founder of the University, Priest Agostino Gemelli who was at the time President of the Papal Academy. The experiments were performed with the Priest Pellegrino Ernetti. The recording registered was of the deceased father of Priest Gemelli and spoke of an observation that his son had made to Priest Pellegrino Ernetti. They took the recording to the Pope Pio XII. The Pope heard the tape and calmed the priests by saying that the phenomena was part of the scientific domain and encouraged them to continue their research as it could mark a new scientific study which would confirm the faith in afterlife.

As it is common knowledge, unusual phenomena are kept silent in the Catholic Church. Brune affirms that it is not easy to reveal the reality of the spiritual life after death.

ITC research has raised interest in several scientific fields, primarily experiments performed in laboratories by physicists, electronic engineers and specialists in signal processing supported by mathematics.

Many people look for Instrumental Transcommunication to contact their loved ones. This is often the case of mothers that have lost their child at a young age.

Despite the mistakes that are made in ITC and even some frauds, there are many serious researchers that are investigating the facts,

affirming the truths and revealing the frauds. The finger of hope touches those who seek the truth and find it. All we can say is: "Thank God!"

The Brazilian author Sônia Rinaldi used the principles of ITC in her research to prove the reality of life after the physical death. This gave a scientific proof to her work as shown in her books. Sônia is the founder of the Associação Nacional dos Transcomunicadores in Brazil. In 1997 she also founded, with researchers globally recognized researchers, GAIT-Global Association of Instrumental Transcommunication, with its head office in the United States. "Only with the endorsement of science can the spirit leave the realms of religion and enters into nature, without mysticism or fantasy", states Sônia. In her book "Contatos Interdimensionais" (Ed. Pensamento, 2000), Sônia speaks of numerous occurrences of documented ITC in Brazil, showing pictures, recordings, interviews, etc.. The materials presented as ITC were scrutinized thoroughly to evaluate their authenticity. A CD accompanies the book. The CD has paranormal voices that validate the cases studied in her book.

Over a thousand ongoing projects have surprised the scientific world and people around the world with new revelations of Instrumental Transcommunication.

Priest François Brune states his regret that the scientific community and the Catholic Church silence and censor his incontestable and extraordinary discovery, even in the light that "the dead speak to us".

Brune ends his book "Direct Line From Beyond" by saying: "I am truly convinced that, with the ITC, we have a fantastic new means of communication that guarantee us our survival after death."

Besides these, we can also mention:

- Soviet scientists, demonstrating with the Kirlian photography that we have more dimensions than we supposed;

- The team of Dr. Ian Stevenson, director of Department of Psychiatry and Neurology at University of Virginia School of Medicine (USA) that, in the 60's, had already investigated more than 600 cases, that were published in the book "20 Cases Suggestive of Reincarnation". In 1997 he published in 2 volumes, containing 2.500 pages, "Biology and Reincarnation", having research on birthmarks as a basis;

- The team of professor H. N. Banerjee in the University of Jaipur, India, about reincarnation, with more than 3.000 catalogued cases;

- The French physician Dr. Patrick Drouot, with his research about the reincarnation phenomenon according to modern physics;

- Dr. William Crookes, about materializations of spirits;

- Dr. Robert Crookall, world-renowned authority in out-of-body experiences, affirming the existence of the spiritual and etheric bodies;

- Drs. Karlis Osis and Ingo Swann with notable experiments in Astral projections, or out-of-body experiences;

- The team of Dr. Raymond Moody Jr., in USA, about NDE (near-death experiences), in which the patient "unfolds" himself to another dimension, from which he observes his own body and reports facts that he could not take notice by the physical senses;

- Dr. Barbara Ann Brennan, NASA scientist researcher, master's degree in atmospheric physics, with her studies and experiences on the human energy field and on the knowledge of the being's subtle bodies, related to illnesses and healings, with many publications as for example, "Hands of Light";

- Innumerable health professionals, as for example the Drs. Morris Netherton, Brian Weiss, Edith Fiore, Dennis Kelsey, about past lives memory regression.

In Brazil (note: the books and articles were not translated into English yet)

- The neurologist Dr. Nubor Facure, in research about the neurophysiology of the mediumship;

- Dr. Mauro Kwitko, about Reincarnations' Psychotherapy. Founder and president of ABPR (Associação Brasileira de Psicoterapia Reencarnacionista);

- Instituto Brasileiro de Pesquisas Psicobiofísicas de São Paulo, about biological organizer model (spiritual body), reincarnation and poltergeist;

- Universities, as Universidade de São Paulo (USP), including in its curriculum the medicine and spirituality course – integrations among the brain, mind, body, and spirit;

- Institutions like Instituto Nacional de Terapia de Vivências Passadas (INTVP), Associação Brasileira de Estudo e Pesquisa em Vivências Passadas (ABEPTVP), Sociedade Brasileira de Terapia de Vida Passada (SBTVP), advising and preparing health professionals to work with therapeutic past lives regression;

- And also, the contribution of Associação Médico-Espírita de São Paulo in its more than 30 years of existence, with the making of congresses, seminaries, and journeys aimed at health issues seen with a spiritist approach, as for example:

- O Cérebro e a Mente: Uma Conexão Espiritual (Dr. Nubor Facure)*.

- Do Sistema Nervoso à Mediunidade (Dr. Ary Lex).

- A Realidade Múltipla (Valter da Rosa Borges).
- Manual Prático do Espírita (Dr. Ney Prieto Peres).
- O Cérebro Triúno a Serviço do Espírito (Dra. Irvênia Prada e outros).
- Fenomenologia Orgânica e Psíquica da Mediunidade (Dr. Sergio Felipe de Oliveira)*.
- Fotografia Kirlian (Wilson Picler).
- Saúde Mental (Dr. Jaider Rodrigues de Paulo)*.
- Regressão à Vida Intra-Uterina (Dra. Juliane Prieto Peres e Dra. Maria Júlia Prieto Peres)*.
- A Psicografia à Luz da Grafoscopia (Dr. Carlos Augusto Perandréa)*, proving by graphoscopy the writing of spirits through mediums (psychography).
- Condomínio Espiritual (Hermínio C. Miranda).
- Visão Espírita nas Distonias Mentais (Dr. Jorge Andréa)*.
- A Natureza do Perispírito (Dra. Alcione Rebelo Novelino).
- A Hipnose no Terceiro Milênio (Dr. Fernando Luiz de Azevedo Rabelo)*.
- A Obsessão e Suas Máscaras (Dra. Marlene Rossi Severino Nobre).
- Um Fluido Vital Chamado Ectoplasma (Prof. Dr. Matthieu Tubino).

*Dr. Nubor Facure – Neurologist. Founder and director of Instituto do Cérebro da UNICAMP (Universidade de Campinas) – SP.

*Dr. Sergio Felipe de Oliveira – Doctor, graduate degree from Instituto de Ciências Biomédicas of Universidade de São Paulo (USP). Clinical director of Pineal-Mind Institute, from São Paulo. Department

director of mental health of AME (Associação Médico-Espírita de São Paulo).

*Dr. Jaider Rodrigues de Paulo – Doctor, graduate degree in psychiatry. Medical director of Hospital Espírita André Luiz.

*Dra. Maria Julia Prieto Peres – Psychiatrist. Vice director of INTVP (Instituto Nacional de Terapia de Vivências Passadas).

*Dra. Marlene R. S. Nobre – Gynecologist. Specialization in childhood and youth psychiatry. President of AME – SP.

*Dr. Carlos Augusto Perandréa – Judicial expert specialized in graphoscopy.

*Dr. Jorge Andréa dos Santos – Psychiatrist, author of many books. Dedicates himself to scientific study of paranormal and psychiatry.

*Dr. Fernando Luiz de Azevedo Rabelo – Psychotherapist of Hospital Miguel Couto – RJ.

CHAPTER 09

Spiritual World

FREQUENTLY ASKED QUESTION

What happens to the spirit once its body is dead?

Many people, after their death, or separation of the soul from the body (disincarnating), remain here on the Earth, in the same environments where they lived. Others can disconnect themselves and are taken or attracted to spiritual regions which are compatible with their current state of evolution and their deserving. Thus, while some move to

more elevated regions or vibratory zones, others remain on the Earth or go to the umbral zones, or even to the dark areas.

The umbral, or the (many) Umbrals are vibratory dimensions, or spiritual zones, closer to the Earth, where less developed spirits and those who have not deserved to move to more developed vibrations – due to their faults and/or omissions during their life – are placed. These are areas of sufferance, unbalance, afflictions, something which is like the purgatory presented by the Catholic Church.

In the books dictated by spirit André Luiz, through the psychographic work of medium Francisco Cândido Xavier (Chico Xavier), there are reports and explanations about these vibratory dimensions. Many other mediums have also brought detailed information on this other side of life. Also Rev. G. Vale Owen, priest of the Oxford Church, England, in the beginning of the XX century, psychographic a great number of messages from his already deceased mother and of other spirits, filled with detailed narrations about these dimensions which are invisible and intangible to our physical senses.

The dark regions, in their turn, from what has been informed by some spirits, are regions yet “lower” and more tenebrous, about which little is known.

However, the length of stay of spirits at the suffering regions is not eternal. Any time one of them, honestly regretting his/her acts, implores for God’s help, he/she ends up being rescued by groups of benefactors who work in those zones of purgation, in the name of love.

There are also the more elevated spiritual zones, immensely beautiful, peaceful, harmonious, and content places. Nonetheless, these are not like that “heaven” preached by most part of religions.

FREQUENTLY ASKED QUESTION

It is exceedingly difficult to assimilate the idea of the existence of a spiritual world.

It is exceedingly difficult, if we manifest ourselves through our physical brains, to accept the idea of a spiritual world that is invisible and intangible to our senses, in which many activities are carried out, where there are institutions like hospitals, first aid stations, residences, governances, etc.

It may be that this difficulty be even bigger because we have not yet gotten used to questioning. The religions speak to us about heaven and hell, about God, angels, archangels, and other beings we do not see and whose presence we do not perceive but in whose existence we believe. If they exist, but are invisible and intangible to us, why can there not be many other things and beings we neither see nor perceive?

When we fall asleep, we “leave” our carnal body, although we remain connect to it by fluidic wires, known as the “silver string”. And in this condition, of spirits out of the matter, we manifest and experience innumerable situations and wonderings around at the spiritual world, while we sleep.

FREQUENTLY ASKED QUESTION:

What are the dreams?

There are various types of dreams. There are those during which we fluctuate on the top of our physical body, submerged in the images of the subconscious or the unconscious, while reviewing events and even scenes of previous lifetimes.

These images are revealed to us as dreams.

There are dreams that reflect the memories of our excursions throughout the spiritual world, during which we remain connected to the

carnal body by the silver string made of fluidic wires between the physical and the spiritual bodies. During these excursions, this connection to the matter does not allow us much consciousness. Due to this, our mind connected to the carnal brain by the silver string interprets most of what we see in a distorted way.

In addition to that, when we wake up, the spiritual body brain overlaps with the carnal one, and the images in our memory are re-codified by the physical body brain's archives. This happens because the spiritual conditions are dimensionally different from the material ones. That is why the dreams we remember are, very often, weird, or even absurd.

However, there are also those dreams created by the spirits, good or evil, who want to send us an idea, a warning, guidance or who wish to disturb us.

A lot of people, during their sleep, are also taken to meetings, courses, lectures, and aid activities in the spiritual world. Most of the cases, they will not retain any memory after waking up.

As one can perceive, this other dimension is not a place of eternal leisure or rest, but is a parallel universe to ours, where life develops within infinite learning and progressing possibilities, much beyond the limits of our understandings.

FREQUENTLY ASKED QUESTION:

How are we going to be like at this spiritual world once we return there?

Will we be a floating being, transparent... or will we have a body? How is this body going to be like?

At the Spiritism Codification, the superior spirits explained that human beings are composed of a spiritual principle, or spirit; a spiritual body, or perispirit; and a carnal body. We are, therefore, a being much more complex than it is usually conceived by many.

The spirit would then be a sparkle of the divine Spirit, the one which no one would be able to see. The perispirit is like an intermediate body, that allows the spirit to manifest through the matter. As far as it is known, there are other bodies, e.g., the mental and the etheric, or energetic, but we are going to discuss the three main ones only: the spirit, the perispirit (or spiritual body) and the carnal body.

Hundreds of spirits have told, through the psychographic work of various mediums, their experiences while returning to the spiritual world. They say that, to them, their bodies and the new environments seem as consistent and tangible as before, here on the Earth, although they feel much lighter.

Also, those who unfold, or do astral projection, speak of the environments they find in the spiritual world, at the zones closer to us. They say that these environments are much alike to ours, so much so that sometimes they feel like they cannot tell whether they are on the Earth, or at the spiritual dimension.

In the book, *Unveiling the Invisible*, the medium Yvonne Pereira narrates various episodes and facts which occurred to her while touring around in the spiritual world, during her frequent states of unfolding, accompanied by the explanation of many aspects of these dimensions. This is a book that should not only be read but also studied.

FREQUENTLY ASKED QUESTION:

Is there a Heaven? Is there a Hell? If there are those, how are they?

The idea of an eternal hell is utterly incompatible with the slightest sense of justice.

Would you throw your son in hell, for eternity and beyond, in order to punish him for disobedience?

Thus, how could someone believe that God would assign such a horrendous punishment to beings created by himself?

The spirits explain that heaven and hell do not exist, not in the form portrayed by religions. What exists is the spiritual world, with its many zones or vibratory dimensions. The higher are these, the more luminous and happier they are. The lower, the darker and more tenebrous.

However, it was not God who created them. They reflect the inner side of their inhabitants.

The spirits say that the matter at the spiritual dimension is very plastic and easily influenced by thoughts and emotions of those who inhabit there. Hence, it is easy to understand that the spiritual environments where cruel and perverse spirits, with the lowest moral standards and carriers of the most in dignifying passions and addictions, reunite be very unpleasant and even horrible places, where the stronger dominate the weaker and impose a lot of suffering upon these; where there is no justice and the nature on its own is modelled to the horror established there.

Thus, we see that God is not responsible for the existence of these vibratory zones, which spirit Andre Luiz calls Umbral and Darkness.

The Umbral, or Umbrals, host spirits indebted to the higher laws, but not even them are condemned to remain there forever. Whenever any of them ask God for help through the act of the prayer, honestly regretful of his/her bad behavior and actions, this help arrives by the hands of good spirits who work in the name of love in the areas of suffering.

In these circumstances, he/she is conducted to one of the various aid institutions which exist in the spiritual dimension. There, he/she learns to dignify life through studying and working, while committing

him/herself to one of the various activities that are carried out by the spirits. Some are soon recommended for reincarnation.

At the spiritual colonies, such as Our Home, which was nicely described by the spirit Andre Luiz, in Chico Xavier's psychography (in a book with the same name), there are institutions responsible for the reincarnation process, where the procedures for returning to the material world are studied, as well as the follow-up of cases.

The superior planes multiply themselves in infinite gradations, starting with the ones closer to our condition up to those which are very elevated, and which go beyond our understanding due to their harmony and extensive beauty. Also, these reflect the spiritual values already achieved by their inhabitants.

NATURAL QUESTION:

What kind of spiritual plane will we, beings of medium evolution, go to after we disincarnate?

Our entire existence is conducted by incredibly wise, perfect, and fair laws, which always lead us into harvesting whatever we have planted. That was why Jesus said that "and they were judged each man according to their works".

These laws generate the "cause and effect" mechanisms, by which every action provokes an equal reaction. Therefore, when we disincarnate, we shall find a spiritual dimension with bad or good conditions, according to the use we made of the assets given to us by life, to the actions we have taken and to our wrongful omissions.

There is an old and wise saying that says that: "He who plants winds will harvest storms". That is a cosmic truth. Thus, when we go to the spiritual world through death, we will precisely harvest the results of all

we planted here. Spiritual "big shots" will not do it, such as messes, prayers, remissions, and other similar acts, since every person has to answer for his/her acts and there is no possibility to move around this law, there is no way to fool God.

Death conducts every spirit to the appropriate and deserved situation or vibratory zone. This works in an irreversible way, based on the strength that the vibratory affinity law has.

Those who are really attached to their assets, home, furniture, job, friendships, and partying, generally remain on the Earth, after their disincarnating, connected to the environment where they used to live in. This brings them suffering and is harmful to their evolution. The spirits disconnected from the body has to liberate itself from all the material conditions as well as to reinitiate their experiences, activities and learning in the spiritual world, aiming at his/her personal growth, his/her evolution as a cosmic being.

Spirits who fail at getting away from the environments where they used to live are also known as "suffering" spirits. Their issues, problems and diseases, which disturbed them before their disincarnating, remain alive in their minds, projecting themselves in their spiritual bodies. With this, they keep on feeling the same pains and anguish of their final period on earth, and their suffering also brings consequences to the more sensitive ones they get close to, possibly causing these some trouble or even diseases, some of which doctors can neither diagnose nor tackle in the correct way.

In the same way, those who commit suicide suffer immensely while in the spiritual world. There are many reports of former suicidal telling their truly horrible experiences of suffering, and as a rule, of long duration. It is clear that situations vary from case to case, but suicide always represents terrible sufferance to those who commit it and reflects in their future reincarnations. Suicidal spirits generate such a heavy and

hypnotic vibration that their presence by itself can even induce a reincarnated spirit to commit the same act, as long as this person has such a tendency and allows him/herself to get carried by the presence. Perhaps that is the reason why spirits speak of a spiritual zone, the Suicidal Valley, where these spirits remain, for longer or shorter periods, distant from communities at the Earth.

Also, those who live in disagreement with God's laws, practicing violence, greed, harming others, living in pride, arrogance, usurpation and other negative values and addictions will be placed, after death, at vibratory zones compatible with their spiritual state.

When returning to the spiritual world, through death, each receives exactly what is deserved having as a base his/her life on Earth. The "titles" or undertaken positions have not value at all for this account.

No one reaches the superior zones without having learned, beforehand and here on Earth, how to forgive, to be peaceful, humble, fraternal, honest, just, unattached to the material assets, ethical and above all, how to love. In the same way, no one upgrades spiritually without acquiring the values of intelligence and wisdom, through studying, working, fighting and daily overcoming challenges.

FREQUENTLY ASKED QUESTION:

What should be done if there is suspicion of the presence of suffering spirits?

The attendance to a Spiritism Centre (if this is possible) is especially important because, in addition to the clarifications and guidance provided there, these spirits will be dutifully assisted and taken care of.

It is also important to pray for them, asking God to relieve their pain and afflictions and the spiritual benefactors to assist them and conduct them to an aid institution at the spiritual world.

FREQUENTLY ASKED QUESTION:

And the superior regions, how are they?

There are many testimonials of spirits about these more elevated vibratory regions, and even one of the apostles said that he went to the third heaven.

As the astral matter is very plastic and the environments reflect the beauty or the ugliness of what is inside their inhabitants, we can imagine how beautiful certain regions where beings like St. Francis of Assisi, Mother Theresa of Calcuta, Ghandi and other highly developed spirits lives must be.

It is not only about beauty aspects, but also about the elevated vibrations which is constant there. Many mediums and overly sensitive persons perceive the presence of more developed spirits which such intensity and in such a divine way that they cannot contain their tears. These are wonderful presences, which irradiate so much love, joy and peace, that words cannot explain.

However, one must not think that the superior regions are zones of rest. As spirits have informed us, the more they are evolved, the more they work, and in working they find pleasure and fulfilment.

When spirits narrate their return to the spiritual world, the work is always mentioned. As soon as they are recovered from the disincarnating (death) trauma, they start to feel the need to be active. A lot of them go back to studying, because there are also schools and universities at the spiritual world. Others request to undertake tasks, which are then

allocated according to their skills and abilities. But also, there, there are various kinds of leisure, depending on the tastes and evolutionary projects of the inhabitants.

Thus, those ideas of a heaven full of inactive beings, who praise the Lord forever and ever, or who seat on a cloud to play harp, do not really tally with reality.

Logic tells us that a dynamic and accomplished nature as that of human beings would not stand an existence of inactivity and emptiness throughout eternity.

Even if heaven were, as in certain beliefs, filled with rivers of milk and honey, and with all possible pleasures, there would be a day that all of this would become tedious.

Human nature would not stand stagnation for long.

God knows what he does. Reincarnation and the infinite possibilities of growth, learning and accomplishment represent the universal law of continuous evolution.

CHAPTER 10

Vices and Pleasures

People who succumb to their vices are just harming themselves.

Everyone knows that vices are bad for health, and we have the duty of taking care of our body, our instrument of evolution. When we neglect our health and do not treat our body well, or when we develop vices and overdo in any way, we can be considered as unconsciously suicidal, and

when back to the spiritual world through death, we will suffer with this situation.

If vices bring sufferings here on Earth, it is even worse after disincarnating (death), because they take root in the spiritual body (Perispirit). This body is similar to the physical one, it is indeed its matrix. Spirits say that during pregnancy, the formation of the fetus is guided by existing molds in the pregnant woman's mind, also by genetic factors, and mainly by the perispiritual model from the reincarnating spirit. Here lies the explanation for many diseases and congenital deformities.

Moreover, Spirits inform us that when a person with an addiction disincarnates, his vice is not finished together with the carnal body, and in the other dimension, that is, in the spiritual world, his desires become much more intense because the Perispirit, freed from the body, is an overly sensitive organism. Thus, the wish for satisfying a vice truly becomes some kind of torture.

Many spirits of people who have addictions use certain measures to satisfy themselves through embodied people who indulge in the same pleasures. In this case, someone who was addicted, let us say in alcohol, approaches the incarnated person who is drinking and involves this person in order to absorb the ethereal part of the alcohol to satisfy his desire. That is why some people are uncontrolled drinkers, unable to overcome their vice. It is also true that alcoholics are committed to past lives and have this kind of predisposition in their perispirits.

The same is true for smoking, drugs and even sex.

However, there are also vices of moral nature, such as: envy, greed, selfishness, lack of love, frivolousness, dishonesty, cruelty, lies and so many others that lead people to suffer after death, for being held in the lower zones of the spirit world.

Thus, it is especially important to free us from any kind of addiction the earliest, working at our inner reform so that the return to the spiritual world through death, be a joyful event. We can meet old friends and enjoy peace and happiness that the highest spiritual dimensions can offer.

But this does not mean someone should live apart from the world, without cultivating pleasures. These are especially important as, together with the satisfaction of the elementary needs of our existence, they are the strongest instrument of life and evolution. Necessity pulls us and pleasure attracts us. What motivates human beings the most, in their steps, in their actions, if not necessity and pleasure?

Pleasures are, indeed, forces of life stimulating us towards material progress. But like in everything else, we need to view which of them benefit or harm us. Does this harm myself? Can it harm me here on Earth or after I am back to the spiritual world? Can it harm or make other people suffer? Can it damage nature or the environment?

The most important is to know how to analyze and distinguish the harmful pleasures from those that do not harm ourselves, or our neighbor, or any other sector of our lives, so that they do not cause us suffering nor negative karma.

The unharmed pleasures cheer us up and bring more joy to our lives. We were created to be happy.

CHAPTER 11

Mediumship

Scholars of spiritual things understand that we are living at the end of an evolutionary cycle. Not the end of the world, but the end of a civilization or a cycle in the evolution of humanity. In this process of transition of the human being to a higher level, mediumship performs the fundamental role of allowing humanity to receive guidance, information, and clarifications from higher sources.

Mediumship is also used for evil, it is true. It is like everything in life, which can be used for both good and evil. This is to allow the human being to have all the options and to be able to freely choose his paths. And we remind you that for this choice of paths we have common sense, reason and an inner light called conscience.

Every human being has a greater or lesser degree of mediumship; that is, the ability to connect in some way with the spiritual dimension. Everyone "hears in their minds" spirits suggestions and believes that such thoughts arise from themselves. This happens when there are affinities of ideas, ideals, emotions, etc. For instance, when someone is planning a robbery, the nature of their thoughts attracts spirits with the same inclinations. Then these spirits begin to guide him, speaking to his ears, suggesting actions, attitudes, means etc., that will help him execute his plans. When someone full of hatred plans for revenge, the nature of his emotions attracts vengeful spirits which will guide and assist him in his revenge. On the other hand, when someone intends to do a good deed, he will have good spirits as advisers. Thus, even without hearing what the spirits say, people receive such ideas in their minds as if they were their own thoughts. This happens when both, spirits and people, are in tune.

Also, when for no reason we feel fear, irritation, etc., this can mean the presence of a disturbing spirit or one that does not like us (in those moments it is important to pray, or to develop feelings of peace and love in order to generate vibrating barriers between us and the spirit that

intends to disturb us). Just as when, suddenly, for no apparent reason, we feel happiness, a well-being, an inexplicable joy, it must be because some highly qualified mentor, or a very beloved spirit came to us, hold us, or said a prayer for us; so, we feel this wonderful vibration, different from our usual one.

Spirits report that the most comprehensive projects developed here on Earth have their genesis in spiritual world. They are often programmed even before the reincarnations of those who will put them into practice, always under the advice of the responsible spirits.

We can call "ostensible mediums", those who have a higher degree of mediumship, such as: seeing and hearing mediums, who can see and/or hear spirits. They are mediums of "incorporation", which allow a spirit to juxtapose themselves to use some of their physical resources to manifest themselves through speech. In many cases, the spirit is able to use the medium's resources more fully, as happens for instance in the case of operations carried out by spirits.

Note: (these and many other topics are covered more broadly in the book "What Happens After Life", on Amazon, in Portuguese, Spanish and English.

There are also mediums with physical effects, which are rarer. These provide ectoplasm for the materializations. (Ectoplasm is a viscous, whitish, almost transparent substance, which spirits use to become visible, tangible, and audible in the material dimension, as well as to materialize objects brought from the spiritual dimension.

Medium (here we call mediums only the ostensible ones) has greater responsibility than an ordinary person. This is due to the influence he can exert on other people and the task he agreed to perform during his reincarnation, which aims, in most cases, to rescue errors he committed in past existences. In order to successfully fulfill his task, he need to live in such a way as to enable the necessary attunement with his spiritual

mentor, and at the same time protect himself of influences from negative spirits. For that, he must develop lovingness, patience, ethics, etc.; comfort those in need, and always dedicate himself to doing good. He must respect others, nature, and life in all its forms. Then, in tune with his spiritual mentor, he can receive the necessary inspiration to advise and guide those in need, becoming an instrument of good and light for himself and for those around him.

But there are those, and there are many, who use mediumship to make profits, to promote themselves and even worse to do evil.

In spiritist circles that follow the Kardecist orientation, it is taught: "give free of charge what you received for free", i.e., you should never receive any kind of remuneration or reward for mediumistic activities.

(From the book What Happens After Life – on Amazon)

CHAPTER 12

Spiritual obsession

In the last decades, obsession has been increasingly pervaded Earth, causing perturbation and suffering.

It certainly is a disease, but a disease of the soul. Actually, our soul creates the environment necessary for obsession to develop itself.

So, what is an obsession? It is the domination a spirit exercises over somebody. This domination occurs in various degrees, from a simple influence to the fascination and subjugation, even reaching possession.

As explained by Allan Kardec, the Spiritism codifier, "Obsession is a permanent action exercised over an individual by an evil spirit."

It is a permanent, and not random, action through which a prosecutor spirit (the obsessing person) assimilates himself to an incarnated spirit (the obsessed person) and uses the resources he has available so as to obtain what he wants.

Since the act of obsessing is an evil one usually derived from a revenge desire – for something suffered by the obsessing person in a previous life and inflicted by the obsessed one - the obsessive action is perpetrated by an evil spirit. It is not perpetrated by a good, or by a “suffering” spirit.

Note: Suffering spirits are those that are still very connected to the places and situations they lived, and that still keep on their spiritual body the effects of the diseases and the pains they went through while incarnated. When these spirits spend a lot of time with someone, they can transmit them their feelings and sensations. In these cases, the one suffering the influence will end up by visiting medical doctors without ever finding the reason of his/her afflictions.

FREQUENTLY ASKED QUESTION:

Can a spirit be perpetually evil?

When we talk about evil spirits it does not mean that they will be like this eternally nor that they were created this way. They are not different from us, but only that they chose a path not in accordance with the cosmic laws, therefore infringing good moral patterns. There are obsessing ones that act evilly only towards the one they hate (the one they obsess). Others feel real pleasure in being evil and there are even those that are terribly perverse and cruel; real monsters of evil and perversions of all natures. These are the ones that some call Demons, Satan, Devil, etc.

However, a spirit never moves backwards in his/her evolution. The values acquired are retained in his unconscious, and his moral falls are only temporary, even if they last for thousands of years.

Many spirits, when reaching a medium degree of evolution through reencarnatory experiences, i.e., the time in which their divine consciousness starts to wake, choose the inferior attractions and dive deep into their passions. And in this crossroad, torn between the sayings of their consciousness and their choices, they decide to smother the call they receive from the above, and isolate themselves from the essence of their (and all) spirits, which is the light of God. It is as they had involved their consciousness in an energy of negation, suffocating it. But all of these, from the bad to the worst, one day will get tired of their own evil and will resume the path towards evolution. God would not create beings able to stay forever mean.

Spiritism Centres are engaged in an important task that is called disobsession, that is the healing of obsession, by treating both the obsessing spirit and obsessed one. Not rarely, these sessions (or meetings) for disobsession work with terrible spirits of evil who, at one point, give up on the inferior regions and decide to retreat and change their lives. This retreating spirit prepares then for a new incarnation, which will certainly be a tough one, but that also represents the initial step towards spiritual development. In a case such as this, there is usually the "hand" of a beloved spirit as for example the person who was his or her mother on Earth, and who goes to the inferior regions with the aim of convincing that evil spirit of retaking the good path.

On that which concerns the spirits that have reached a higher degree of evolution and whose consciousness are already harmonized with the divine laws, they no longer feel attracted to the lower regions, because they have already eliminated in themselves all the remaining of an animalized nature. The legend about an Angel that envied and had the

ambition of becoming God – and that was thus sent to Hell – has different symbolisms, due to the fact that such an elevated spirit cannot "fall". Ambition, envy, hate, selfishness, and other related feelings are negative values that only exist in the primary zones of evolution.

Frequently asked question:

Why does a spirit get involved into obsessing an incarnated spirit?

Obsessions almost always happen for reasons of revenge, that is, the obsessing spirits are "collectors". They are in fact asking for reparation for the damage we caused them in previous lives.

There are also cases of obsession by spirits who were aborted. When they see that their aspirations to return to Earth through reincarnation have been frustrated, they seek revenge against the women who were to receive them but that later chose to have them expelled from their womb.

Numerous obsessive processes have their origins in vicious (or morally condemnable) conducts, due to the rule that "similar spirits attract each other".

There are also the cases of obsession that were "ordered" through black magic, as to cause harm to somebody.

FREQUENTLY ASKED QUESTION:

How can someone become obsessed based on his or her conduct?

Mediums, in their activities and in the books they have psychographic, tell us about people who attended morally and spiritually low-level places, as for example brothels, and by this habit attracted spirits addicted to sex that started to follow them, and induced them to lust and depravation,

so as to profit from the repugnant sexual energies generated by these acts.

It happens similarly in the case of other addictions, and even of dishonest behaviors that are not in accordance with the cosmic ethics.

We all have the spiritual company that we attract by our behavior and actions.

FREQUENTLY ASKED QUESTION:

What can one do to "heal" from an obsession?

In any process of obsession, the cure remains in a conduct that corresponds to the cosmic ethics, it is in reforming oneself intimately. It is also important to find a spiritist centre whenever possible so as to receive a healing touch* and guidance, and in order for the obsessing spirit to receive assistance through specific treatments. The spiritist centres, of kardecist orientation, are institutions well informed about these subjects which systematically dedicate themselves, among other things, to helping in these sorts of situations.

However, the cure depends mostly on the obsessed spirit conduct, on the effort one makes for one's own growth and illumination. When this one is able to develop love in his or her feelings, making it present in one's attitudes, the vibratory band will be elevated and the tuning previously held with the obsessing spirit will be lost. This is very important because the prosecution is carried out with a feeling of revenge and the prosecuted of today was the "executioner" of yesterday, i.e., there is a karmic debt to be settled. In these cases, the best way to settle it is in obtaining the forgiveness of the obsessing spirit and in helping him to find the way to his own spiritual growth.

When the persecutor, or an entity of very low spiritual condition, is involved in the vibrations of love from a group, it is possible to observe major changes on him or her.

A medium who has the gift of seeing, when present in the meeting, can observe how radical these changes are. A spirit of low vibration is generally seen by these mediums as a being with an ugly or even horrendous look, dressed in dark clothes and with a bad smell and a disagreeable countenance. Nonetheless, when such spirit receives the vibration of love carried by the group and the medium that incorporates him or her, something starts to disintegrate in him/her. The doctrinator then speaks to the spirit and makes him/her see that he/she is delaying himself and his evolution. The doctrinator in fact seeks that the spirit forgives and gets away from the obsessed spirit. The benefactors, responsible for the work, also use other resources, such as bringing someone who was dear to the obsessing spirit, so as to convince him to forgive and forget his prosecution. Hence, with these works, even the spirits appearance improves to the better.

Furthermore, one should not underestimate the power of prayer. As the Book of Spirits – one of the Spiritism codification books written by Allan Kardec - teaches us at question 479, the "prayer is always an efficacious means of obtaining help; but you must remember that the muttering of certain words will not suffice to obtain what you desire. God helps those who help themselves, but not those who limit their action to asking for help. It is therefore necessary for the person obsessed to do his utmost to cure himself of the defects which attract evil spirits to him."

* Healing touch – is an energetic transfusion and cleansing of the magnetic field of the person in need. It is ministered in the Spiritism Centres by people prepared for this work, who use their hands for this

action. In such cases there is always the assistance of competent spirits in the manipulation of energies.

CHAPTER 13

Why has Spiritism appeared at that time?

The Spiritism Doctrine is a superior knowledge course that could only be taught when science and human knowledge become more advanced.

Spiritism informs us that we are living the end of a great evolutionary cycle of the Earth, reaching a new age. This is visible everywhere.

But for this transition to a new civilization to be possible, several changes in the current mentality are necessary. Using symbolism, we could say that a “cosmic birth” is necessary, and Spiritism represents great support in this birth.

We can understand then, that until not so long ago, the religious system of the Christian world formed the “uterus of our faith”. Nowadays, the force of life pushes to, and reason attracts to that birth.

The human fetus remains surrounded by all comfort. It does not even need to eat; it is not warm or cold and its body is protected from any kind of potential physical aggression. It calmly floats in its world, surrounded by maternal protection. It is just a fetus... but when its growth enables it to change environment and go up one more degree in evolution, it is born. It abandons comfort and starts to participate from life, what is an effort to it. It also needs to start to learn in the school of capacities, of aptitudes, and this learning can be carried out only by itself. This task cannot be done by others.

It will cry when hungry or something is bothering it. The first steps are taken with its own feet. Self-effort will lead it to speak, and so on.

The same occurs with the spiritual fetus, peacefully settled down in the uterus of its faith. No bigger efforts are needed. It believes that it's only necessary to do the light obligations imposed by religion and Jesus's blood washes its sins, or it can be forgiven by the Priest's power. It feels safe and well settled in its religious universe.

But the force of evolution starts to push it, reason is stronger and the infinite horizons of superior knowledge attracts it to the cosmic birth.

Under these circumstances, many people prefer to go on vegetating in their symbolic spiritual uteri, just until the Great Law allows them to. Others decide to break their millenarian crystallized thoughts and to be born to a new mentality, the new spiritual status, where self-effort is the pathway to a great interior fulfillment, to the conquest of self-illumination, peace, and harmony with The Whole, as well as full happiness, supernormal aptitudes, growing perceptions and knowledge that exceeds the usual. It is the infinite pathway of evolution which becomes more extraordinary as we pass through it.

In this birth, we also realize that Jesus, instead of being the known martyr on the cross, is the great sidereal scientist who brought, together with Gospel, the most complete SCIENCE OF WELL-BEING.

The "cosmic birth" is painful for leading the being to face his own responsibilities, but it's a necessary pain for those who want to come off stagnation. Without pain there is no evolution in this phase of our spiritual growth.

While Spiritism offers new hope to humanity, many people ask how this will be possible as several negative values such as wickedness, violence, corruption, greed, and others are spread in human's

environment, leading people to be under the impression that everything is just getting worse instead of improving.

To answer this question let us read some parts of the explanations given by Spirit S. Louis in the last question of the 'The Spirits' book:

“The transformation of the human race has been predicted from the most ancient times, and you are now approaching the period when it is destined to take place. All those among you who are labouring to advance the progress of mankind are helping to hasten this transformation, which will be effected through the incarnation, in your earth, of spirits of higher degree, who will constitute a new population, of greater moral advancement than the human races they will gradually have replaced. The spirits of the wicked people who are mowed down each day by death, and of all who endeavour to arrest the onward movement, will be excluded from the earth, and compelled to incarnate themselves elsewhere; for they would be out of place among those nobler races of human beings, whose felicity would be impaired by their presence among them. They will be sent into newer worlds, less advanced than the earth, and will therein fulfil hard and laborious missions, which will furnish them with the means of advancing, while contributing also to the advancement of their brethren of those younger worlds, less advanced than themselves.”

Spirits also say that the legend of Adam and Eve shows what occurred in another world, whose humanity reached a certain evolution degree like ours, when the bad ones, that is, those who disturbed that humanity's rise to a more advanced and happy stage, were exiled to Earth started to reincarnate as those primitive humans' children. In fact, this explains the evolution boom in the pre-historic age, when in a few millennia, the man, out of the caves, developed unusual intellectual as well as material progress that, since then, has been continuous.

What will happen to the Earth

Climate problems, the Covid-19 pandemic, problems with the world economy and other events have been spreading shadows, uncertainties, and afflictions in human hearts; and raising questions, such as: What will happen to humanity? What will be the future of Earth? What do the prophecies say?

We said, in Chapter 6, that “we are living in a moment of transition for humanity to a better model”, i.e., we are moving from the category of “world of trials and atonements” through “regeneration”.

It is not difficult to see that we are experiencing the end of a decaying civilization, but it is also possible to see that we are rehearsing the first steps on the bridge that will lead us to a new era.

But this transition, or the crossing over this bridge, is not, nor will it be easy, since it requires deep changes in the psyche and in the people experience, because this work of renewing humanity will not occur through miracles, but through the efforts of the very human beings.

It is easy to see that, despite all the great advances in all sectors of knowledge, especially in the human sciences that should make human beings more “humanized”, Evil has been gradually growing on Earth. The prophecies themselves, coming from the most diverse sources and in the most diverse eras, indicate this growth for this period, which can be perceived around the 1960s. Those who lived at that time witnessed all this, starting with changes in values such as respect (for laws, for life, for the other), responsibility, ethics, etc.

In the early 1950s, in the book “*Mensagens do Astral*”, the spirit Ramatís talks about the reincarnation of dark spirits from the middle of that century, whose presence and performance would encourage the degeneration of morals and customs on Earth. It gives details that were

impossible to have normally been predicted at that time, because it speaks of even the deep change that would be in the music, which would be very loud and in crazy rhythms. It speaks of the arts, which would present unsightly forms; deep moral degradation; corruption without limits, etc.

Today, Evil is increasingly present in violence, injustice, unbridled ambition, power struggles, sexual idolatry, corruption, addictions, etc.

Drugs use, that monstrous dragon which erases values in its users' minds, grows alarmingly. In several countries we see young people, even teenagers, killing their parents, siblings, grandparents, colleagues, teachers, with the greatest tranquility, as if they were playing or having a popsicle. In several countries, even in professional circles such as medicine, we will find many addicts, who put their own patients at risk.

What about pedophilia? Only a deeply degenerated, perverted, demonized soul can take pleasure in such an aberration: having sex with a child. And today it is common for the father himself to rape his daughter. And in many cases, the raped child is still a baby. No one can deny that there are thousands of human monsters, living among us.

There are also satanic devotions and cults; people invoking the powers of darkness and indulging themselves in this union.

The aesthetic preference is also demonized. This has been seen in films, in electronic game figures, in tattoos, in t-shirt designs, comic books, in graffiti, and even in the plastic arts, and everywhere.

QUESTION: What has been causing these changes?

ANSWER: There are many causes, but the main one is certainly that of the mass reincarnation of backward and degenerate spirits. Since the mid-twentieth century, they have been "allowed" to leave their

environments in the spiritual underworld to reincarnate; in doing so, they have brought with them other dark spirits, their cronies. All of these presences among us have had such damaging effects.

This was also seen by John, in Revelation, Chapter 20, when he says that Satan was thrown into the abyss and tied for a thousand years, and then released for a little while, when he would seduce all the nations of the Earth.

Many other prophecies indicate the same, and many believe that it is the end of times. But as the spirits say, it is the end of times of the evil, and the evil agents in the spiritual underworld also know this and multiply efforts to win that battle, as if it were possible.

Hence the reason for the upsurge of evil on Earth.

QUESTION: And what is the purpose of it all?

ANSWER: The one who elucidated this question very well was Jesus, in the parable in which he says that an enemy sowed tare in a farmer's wheat field. His employees asked him if he wanted the weeds to be plucked, but the boss said no, that they would wait for the plants to grow and put ears on, and then they would pluck the weeds; this is because, only after they were adults and producing ears, it was possible to identify the difference between the tare and the wheat.

Thus, for the selection of those to be deported to some lower world to be fair, it was necessary to give them one last chance to regenerate. And, at the same time, test the firmness of the values, or the spiritual acquisitions of those who should remain on Earth, helping to rebuild it in a peaceful world, where justice, love and Good reign in all their expressions.

QUESTION: Do you really believe that humanity can change for the better?

ANSWER: Yes. Certainly not in a snap, but as the spirits have been informing, since the middle of the 20th century, all those who do not want to follow this evolution, persisting in evil, will be exiled to some primitive world after the death of their physical bodies. Included in this exile are the spirits that inhabit the lower regions and those that swarm right here among us in the Earth's crust and find themselves in the same situation of spiritual inferiority. Thus, the Earth, free of this load of negative beings, can transform itself, even slowly, into a really good world for everyone.

From what the spirits still report, something similar has already occurred in Prehistory. That was when great waves of spirits came to Earth, expelled from their worlds of origin. It was they who, reincarnating in those primitive bodies, developed skills and streamlined the evolutionary process in the communities of primitive men. An evolution that had been dragging along for many millennia, which suddenly gained extraordinary propulsion. (*We will be back in this topic in due course*)

They have also informed that many thousands of evolved spirits, coming from other planetary systems, have been incarnating on Earth in order to help humanity in this transition. This is necessary because such spirits are immune to the attractions of human inferiorities, as they do not bring traces of them in their psyches that could cause such deviations after being incarnated.

They also say that, in the last decades, many thousands of evolved spirits, of noble condition, have been reborn; coming here from Earth, with projects defined within the most diverse areas of human and planet needs. They have already been carrying out important activities for the evolution of humanity and in defense of the Earth itself.

Another important aspect of this issue is that currently, in so many situations of suffering, collective or not, motivated by the most diverse causes, there has been a strong process of elimination of “garbage from the unconscious”, arising from acts contrary to the Cosmic Laws. This “garbage” elimination is necessary, so that the being can start a process of fuller inner growth and move into the world of **regeneration**.

Millions of refugees, and those who seek refuge without finding it, suffer today on Earth. They had to leave their homes and everything that represented their lives for decades ... centuries ... to travel from country to country in search of a place to live, enduring the most varied and distressing sufferings! This question takes us back to the distant centuries when one country invaded others, expelling or killing all inhabitants to take

Only the Israelites with their armies invaded dozens of countries, generally killing the entire population. Wouldn't these invaders from long ago, at least part of those who are suffering today in their own skin what they did to so many, thus freeing themselves from the “garbage” in reference and enabling themselves to climb higher steps in their spiritual evolution?

QUESTION: What does Last Judgment mean?

ANSWER: Last Judgment is precisely this separation between those who will be exiled and those who will remain here.

And this selection is absolutely fair, with no possibility of error or fraud, because each individual's vibrating frequency is used as a gauge. Thus, someone who thinks he can deceive the higher powers "pretending" that he has changed his life will also be disappointed, because the basic vibratory frequency reveals the deepest truth of the being.

So, it can be said with complete confidence that no one can lie before "the highest forces".

Also, the social, professional, political, religious position, etc. it has no value, and the only wealth that is worth is that of the heart.

Therefore, we are living in the selection of values age, or of the "Great Judgment", and in this detail, we can also observe the divine wisdom that does not place "salvation" in human hands or under the responsibility of any religion. We will guard our "salvation". Each one is solely responsible for himself.

QUESTION: What about the great fear, the humanity's terror, the end of the world? Is there really going to be an apocalypse? Will the world end?

ANSWER: John's records in the last book of the Bible entitled "Revelation" show that his views were mostly symbolic, referring to humanity's moral-spiritual conditions: religiosity decay; collective mentality changes; the dark advance of drugs and other forms of addiction; sexual idolatry, the increase in violence, corruption, wickedness; technological advances, and so on. At other times, those visions refer to events, from the catastrophic to the much desired ones that refer to the "after".

Christian religions, in general, understand that the world will end and that the elect will be raptured to heaven.

However, there is another theory, which is more consistent and more in line with common sense, within the knowledge that humanity already has. It is also more consistent with both, Bible prophecies and non-biblical ones: it is the humanity's regeneration, its transformation.

Not to mention Jesus' promises regarding the future, which many

believe it is his physical return to Earth, but we believe it represents a new era in which humanity will experience its teachings. Let us see what John says in the last two Revelation chapters, in which he talks about this issue:

“Then I saw a new heaven and a new Earth. I saw the Holy City, the new Jerusalem, coming down out of heaven from God”; “And I heard a loud voice from the throne saying, Look! God's dwelling place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God”.

Notice how beautiful the symbolism is of the new Jerusalem coming down from heaven, from God.

Jerusalem is the great religious symbol, but there, it is new and comes from God, i.e., it is a new model of religiosity, not led by men, without owners, without commerce, without hypocrisies. It will undoubtedly be the pure and simple practice of an ethics code, the one that is present in the Jesus' teachings. This prophecy makes it clear that the paradise of the future will be even on Earth.

Also, in Matthew 5: 5, Jesus says, “Blessed are the meek for they will inherit the earth”, i.e., they will stay on it and it will be a good place to live.

The Masters of the Great White Brotherhood also claim that the Earth will enter the Golden Age, in a new era, ascending to a higher degree. They also say that only those who are already consciously generating spiritual light will remain in it.

Astrology also says that our planet is moving from one big sign to another, which means that we are living in the chaos formed by the end of the age of Pisces and the entry into the Age of Aquarius. It is the old values destruction era, and the search for new values for the new time.

According to astrologers, the new age mentality will abolish many

traditions and institutions, because Aquarius is the sign of freedom and independence, fraternity between people, and friendship. This implies more respect for each other, more friendship between people, greater understanding of each other's aspirations, and more sharing.

In this way, with the Earth free of all that harmful load it carries today, and with its sanitized psychic environment, it will be much easier to build a just and fraternal humanity.

Part of the humanity already feels strongly the proximity of this new evolutionary period to Earth. Changes can be observed at all levels and directions. A psychic structure is forming that encompasses the collective, which sees humanity as a whole, of which each person is a cell, and it is necessary to seek happiness for "us" not just for the "me". And it is this structure that has been generating humanist, ecological, and similar movements.

Of course, at the same time, there are huge forces anchored in huge interests, struggling to keep things as they are. But the forces that cry out for change remain unshakable, waiting for the right moment, when they will really be able to break out.

Thus, some things are quite clear in the prophecies: the world will not end; humanity will not be wiped out; the Apocalypse will be just a transition, a renewal, and a part of humanity (both incarnate and in spirit) will remain here to build a better world.

But it is also clear that there will be major changes in all sectors of human life, which will bring much suffering and distress. However, we remember that throughout the prophetic body this transition is seen as a reason for joy, as something long awaited.

That is why it is important to keep in mind the after... renewed, fraternal, just, and happy humanity. And look, this perspective is a window of hope that opens up for those who cannot stand so much

injustice, so much violence, so much dishonesty, so much misery, so much evil and so much suffering.

So, it is important to impress on our mind, on our emotion, on our whole being this idea of a period of suffering as the door to a long-awaited condition; a fraternal, just, balanced world, good for everyone. So, it is important to impress on our mind, on emotion, on our whole being this idea of a period of suffering as the door to a long-awaited condition; a fraternal, just, balanced world, good for everyone. This is certainly the best way to face what may be yet to come.

SECOND PART

CHAPTER 15

The Bible

Many of those who contest the possibility of communication among spirits, the reincarnation, etc., do so having the Bible as justification. It is therefore important to situate things at their right place.

There is no intention to denigrate such work, or to diminish its importance as a material and spiritual roadmap which has conducted and still conducts the Israeli people and which continues to be a lighthouse to millions of minds and hearts, especially in the Christian world. However, it is important to let the truth surface in a clear way, as only it has the power to open up some of the inflexible arrangements which

were built over the centuries and to undo rigid structures, at a moment when reason has finally started to prevail over imposition.

Many believe that since the Bible is the word of God, it has only to be obeyed and must not be questioned.

We all know that humankind has evolved over time. Humankind's current mentality is very different of that which could be found in the past centuries and millenniums. Life's force makes creatures move forward and modify their way of thinking, their aims, concepts and conceptions. It is like somebody moving upwards on a mountain; the higher he or she gets, the further he or she may see.

So, we ask: All that was good in ancient eras is still valid nowadays?

Certainly not.

As an example, we may look at the Laws contained in the Old Testament, only some of which may still be applied in today's world.

In the Bible, we find two types of mentality: the hard laws applied by Moses, which set "an eye for an eye" and the Gospel, where Jesus ordered us to unconditionally forgive others' faults; to love God, instead of fearing Him; to love our neighbours like ourselves; and to practice the good in every expression.

The laws of Moses were adequate and correct to discipline those simple men, which were in a primary phase of development. The laws introduced by Jesus showed love and forgiveness as values and attitudes to be learnt and practiced by all.

FREQUENTLY ASKED QUESTION

If all Jewish-Christian religions have their foundations in the Bible, which one carries the truth, as each of them believes to have the strongest arguments?

Let us reason a little.

If you are organizing your domestic budget and someone tells you that 5 plus 3 equals 11, what will you do?

Will you take such figures for granted, just because somebody told you should believe it; or will you do the math and check whether the statement is correct? In case you take what has been said to you for granted, without any questioning, you risk having big problems in your life.

The same happens with regard to religions. Each affirms it carries the truth, although all believe differently, one from the other.

What can one do, then, to find the religious truth?

Certainly, the same thing one would do to figure the right amounts for the domestic budget: calculate, analyse, question, and use reason and good sense.

So, we have the following situation:

If we were to follow everything the Bible orders, especially Moses laws, we would have to:

- Let those who revile their father or mother die (or be put to death). This command is at Exodus 21:17.

- Summarily execute all those who have had sexual relationships with somebody other than his/her wife/husband. This command is at Leviticus 20:10.

- Kill both, man, and woman, who had sexual relationships during the menstrual period. This command is at Leviticus 20:18.

- Put to death those who engage in any work during Saturdays. This command is at Exodus 31:15 and 35:2.

- Kill he who eats “any manner of blood”. This command is at Leviticus 7:27.

These are only some of the numerous situations described in the Old Testament for which the death penalty is set forth.

If you do not believe it, go check in the Bible.

The first five books of the Bible are known as the Pentateuch. They narrate the creation of the Earth, Adam and Eve, the history of their descendants and the arrival of the Israeli people at the Promised Land, up until the death of Moses. They also contain the laws, from the 10 commandments, received at the Sinai Mount, to the Mosaic Laws, founded in the principle “an eye for an eye, a tooth for a tooth”.

It is easy to understand why Moses imposed such strict laws. They were necessary to discipline a very rebellious people. Such rigor could also be justified by the fact that there were no prisons at the time and because of this, for a nomad people who lived in peregrination throughout the desert, it was not possible to impose a punishment proportional to the seriousness of the felony.

The laws of Moses, as one may easily perceive, were temporary norms elaborated for a certain people at a certain moment in time. However, still nowadays there is a part of humankind who is guided by them. And this is one of the main reasons why there is so much religious confusion in the western world.

The human mind has been conditioned, since the pre-historic times, to blindly obey leaders who present themselves as the representatives of divinity, a mysterious entity, often frightening, responsible for ordering punishment and for conceding benefits. Based on this, many generations have got used to obeying their religion’s rules without questioning them.

Those who wish to leave the *status quo* behind, and to face the reality which was made possible by progress, always find a lot of inner

resistance; fear of taking a wrong step and being punished for that. And these difficulties are multiplied when brothers of other faiths start to preach, incisively and vehemently, affirming their beliefs.

Deep psychological conditioning is very hard to be eliminated. That is why it is important to tackle this subject, even if in a superficial manner.

Those looking for the Truth should be able to do so free from such millenary chains. Knowledge of these issues liberates the searcher of any feelings of guilt, so that he or she may begin a new phase in the search for the Truth - the search for God - with a light soul and a peaceful spirit.

This does not mean that we undervalue the role of the Bible, it is quite the opposite. Its moral teachings have been the lighthouse that illuminates the Israeli and all Christian peoples. There is also the Gospel therein, this roadmap of light that arrived in the world as one of biggest blessings in the history of human thought.

Among the hundreds of laws established by Moses, we will find one that prohibits the consultation of the dead, which states: “When you enter the land which the Lord your God gives you, you shall not learn to imitate the detestable things of those nations. There shall not be found among you anyone who makes his son or his daughter pass through the fire, one who uses divination, one who practices witchcraft, or one who interprets omens, or a sorcerer, or one who casts a spell, or a medium, or a necromancer, or one who calls up the dead. For whoever does these things is detestable to the Lord; and because of these detestable things the Lord your God will drive them out before you. You shall be blameless before the Lord your God. For those nations, which you shall dispossess, listen to those who practice witchcraft and to diviners, but as for you, the Lord your God has not allowed you {to do} so.” (Deut. 18:9 to 14).

Jaime Andrade, author of “*Spiritism and the Reformed Churches*” (*Espiritismo e as Igrejas Reformadas*), referring to this law of Moses, points this prohibition was aimed at preventing Israelis from getting “contaminated” by the superstitious practices of barbarians they were supposed to conquer. This is proof these peoples had the habit of consulting the dead.

Contrary to what many believe, the Kardecist doctrine has nothing in common with the practices prohibited by Moses. Communications with the spirits that are based on Kardec’s principles are not similar to the consultations prohibited by the Mosaic Laws, they aim at the assistance to suffering spirits and the orientation of obsessing spirits with the aim of making them abandon their ideas of revenge and leave their “foes” alone. The communication with the spirits which are more advanced happens always with a common good in mind, that is, the clarification and the exhortation of practices taught by Jesus. It is love put into action.

We recall what has been said by Jesus, in Mathew 7:16 and 17: “You will know them by their fruits” and “So every good tree bears good fruit, but the bad tree bears bad fruit.”

In fact, Spiritism’s fruits are all good.

One cannot deny that the Bible has to be considered as a sacred book, for the extraordinary ethical and religious values it represents. However, one should not blindly accept all that is written there. Good sense does not allow one to ignore the various contradictions and incoherence that exist therein, particularly in the Old Testament.

So that no questions are left unanswered, let us firstly take a look at some of the Bible’s contradictions:

1 – The first one can be found in the first chapter of Genesis, on the creation of nights and days, the separation of waters, the production of grass and trees which gave fruits and seeds, and only after these events,

on the fourth day, the creation of the sun, the moon and the stars. How could there be nights and days, plants giving fruits, without the sun?

2 – For millenniums, the entire humankind has been paying for the sins committed by Adam and Eve, although God had affirmed in Ezekiel 18:20, Deuteronomy 24:16, Jeremiah 31:29/30, that “fathers shall not be punished for their sons’ sins; everyone shall be punished for his own sin”. If nobody is punished for somebody else’s sins, why would have Jesus died at the Cross to pay for the sins of humankind?

3 – In Exodus 9:1 to 7 we find that God had sent a plague that killed all the Egyptian animals, including their horses. Later on, the story, the Egyptian cavalry drowned in the Red Sea. Which cavalry if the horses had all died from the plague?

4 – How could we reconcile (Ecclesiastes 9:5) which says: “For the living know they will die; but the dead do not know anything”, with the parable about the rich man and Lazarus (Luke 16:23); or the episode in which Moses and Elias (dead for centuries) talked to Jesus in front of three apostles (Luke 9:30), or still, with the interview that Saul had with the spirit of Samuel, already deceased? (1st Samuel 28:11/20).

5 – In Hosea 6:6 God says: “For I delight in loyalty rather than sacrifice, and in the knowledge of God rather than burnt offerings.” However, He, Himself, orders offerings, holocausts and sacrifices as punishment for the most insignificant acts... And not only as punishment, but also for a number of other reasons, such as celebrations and obligations.

QUESTIONS FOR REFLEXION

Given that so many contradictions are found within a written piece of work, would it be logical for one to blindly accept it in its entirety?

Significant incongruence may also be found in the New Testament, for example:

John states that: “If we say that we have no sin, we are deceiving ourselves and the truth is not in us.” (1st John 1:8), but in Chapter 5:18 he affirms that “We know that no one who is born of God sins.”

In 1st John 2:2, it reads: “Jesus Himself is the propitiation for our sins; and not for ours only, but also for those of the whole world”, however, further in Chapter 5:19 it reads: “We know that we are of God, and that the whole world lies in the power of the evil one.”

The apostles themselves could never reach an agreement about the instrument of salvation, whether it would be grace, one’s work, or faith.

We should remember what Jesus said: “... For truly I say to you, you will not finish going through the cities of Israel until the Son of Man comes” (Mathew 10:23), “Truly I say to you, there are some of those who are standing here who will not taste death until they see the Son of Man coming in His kingdom” (Mathew 16:28), and speaking of what has been interpreted as His second coming, he affirmed that that generation would not pass before all of that had happened.

The Gospels were written many years after the death of Jesus. They were copied and re-copied thousands of times; they were subject to numerous translations, interpolations, interpretations and even modifications and amendments, within the texts, in such a way as to accommodate them to the ideas and interests of the Church. As an example, we mention the Saturday rest, which was just transferred to Sundays.

There is also much inconsistency among the Old Testament, the Gospels and the Epistles. The content of Jesus message is integrally related to perfect justice, calmness, forgiveness, and love. However, the discourse of some of the Christianity founders differs significantly from the teachings of Jesus. For example: the Master puts forward love and the practice of good as the only conditions for someone to reach the

Kingdom of God. Paul, on the other hand, states that salvation comes through faith, and faith only. He says: “For we maintain that a man is justified by faith apart from works of the Law.” (Rom. 3: 28). Meanwhile, other apostles teach that salvation comes through the grace, and others affirm that it comes through the work done. As one may see, there is no consensus around His teachings.

These ambiguities provided for the emergence of hundreds of religions, which interpret the Bible on their own particular way.

What we have shown so far is only a fraction of all the incoherence which may be found in the Bible. For those who want to know more, there is plenty of bibliography on the subject, as well as the book previously mentioned, “Spiritism and the Reformed Churches”.

It was possible to find an explanation for some of these contradictions, mainly for those within the New Testament.

Carlos Torres Pastorino, a graduate in Philosophy and Theology at the International College S. A. M. Zacarias of Rome and a Professor at the Military School of Rio de Janeiro, in his book “*Wisdom of the Gospel*” (*Sabedoria do Evangelho*), says:

“The first editions of the New Testament were copied on papyrus (kind of paper), a fragile and easy to deteriorate material. Later, it started to be written on parchment (skin of sheep), which was more resistant and lasted for longer.

The manuscripts were written in capital letters. Only after the 8th Century, were texts written in cursive letters.

Those in charge of copying the manuscripts were called copysts or scribes. They did not always know the language well, most of the times they were good at drawing the letters. It was even worse when they actually knew the language because then they amended the texts, to conform them to their knowledge.

There were no graphic signs of separation among sentences and the words were copied one after the other, without interval, to save parchment, which was really expensive. This justifies the various resources used, as for example, abbreviations, interpolations, and many others which ended up modifying the original texts. There is also the issue of translations, insertions and modifications which were done throughout time, so as to fit different interests in.”

This is also the reason for some contradictions and why some of the passages are so ambiguous and barely rationally understood.

In the abovementioned book, Torres Pastorino reproduces a text by Origenes, who is considered one of the most important exegetes (scholar and interpreter of the biblical texts). He, while referring to the copies of the New Testament, affirms: “It is presently clear that many were the deviations suffered by the copies, be it due to the carelessness of certain scribes; be it due to the audacious perversity of those who corrected it; be it due to the arbitrary additions and suppressions.”

We may conclude by stating that the New Testament we have nowadays suffered numerous modifications, which makes it not possible to accept it unconditionally.

LOGICAL QUESTION

Is there any religion or doctrine which can be followed blindly, without any questioning, without using reason and good sense?

Certainly not.

Let us conclude the analysis of these issues by using logic and good sense.

For the absolute truth to be in the Bible, it should have been completely coherent, without any contradictions and in total accordance

with reason, because the contradiction within a Doctrine may hinder its credibility.

Some say: “The Bible is the word of God and must be obeyed, not understood”.

But if God gave us the ability to reason and a little bit of wisdom, it is so that we may comprehend our search for the truth. Let us keep in mind that Jesus said, “You will get to know the Truth and It shall set you free”.

He made it clear with this statement that He came to teach us an ethics of life, and that the knowledge of the Truth (or part of It) would come later, whenever humankind were mature enough to understand It, so as to release itself from millenary chains which keep its minds imprisoned.

For the Bible to be the “word of God”, it would have to be absolutely consistent and pervaded by the most perfect justice, ethics and love, given that it should reflect the qualities of whom had written or dictated it.

Good sense tells us that the whole truth is with God, and God only. He is the (only) one who knows it all.

As for us, humans, we only have a slight vision of the Truth... That is the reason why humans fight and enter into bloody wars; it is because each one wants to be the exclusive holder of the truth even though we only have its fragments.

CHAPTER 16

Who is God?

With all due respect to other beliefs, it is easy to see that the ideas about God need to be reformulated. In many religions, God is still perceived in the same way as He was in the time of Moses. However, with the amount of knowledge we have today, we should be able to look upon God with a more comprehensive point of view.

Those who read the Old Testament, without prejudice, observe in numerous passages how God strikes out at humanity as if He was with a sword of vengeance. God is shown as being partial, contradictory, almost always outraged, even furious, unfair, resentful, and cruel at times. This God also presents Himself similar to an apprentice of the Creator, who does experiments without knowing exactly what will be the outcome.

In the first chapter of the Bible, the Genesis, verses three and four, it is written: " And God said, let there be light: and there was light. And God saw the light, that it was good: and God divided the light from the darkness." These verses demonstrate a God that was unaware that "the light" would be "good."

According to the Old Testament, after each of God's acts of creation, He observed that the creation had resulted in something good. In the end, after all had been concluded, He went back to check if everything He had created was perfect.

Let us meditate for a moment about the greatness of the universe, the infinity of galaxies that are lost in the cosmic immensity, about the structure of our planet: the nature, where all elements are coordinated in perfect harmony to create life.

The human body is a perfect machine, and the brain is its fabulous structure with the vastness of the mind and psyche..

If we reflect about any aspect of the universe and life, we ask ourselves: who did it all and who commands it? Is it possible to believe that the "Cosmic Mind" which elaborated the laws that regulate

everything and created the immensity of universe and life, could be doing an experiment with the creation, to be unaware of the outcome, as it is written in the Old Testament?

Could He have done something so imperfect, that He would then have to check if there were errors in His creation?

Could it be that God, who is absolute perfection, would regret having done something, as if He had not known what he was doing and therefore made a mistake?

In Genesis 6:6-7 it is written: "...And God repented that He had made man on the earth, and He was grieved in His heart."

So said the Lord: "I will wipe out man whom I have created from the face of the earth, from man to beast, to the crawling things and the birds of the heavens; for I repent that I made them."

Don't you think that attitudes like these should be expected from a human being, but never from God? However, the regrets of God are everywhere on the biblical history, *i.e.*, Exodus 32:14, for having threatened the people of Israel; in 1 Samuel 15:11 and 35, for having made Saul a king; in 2 Samuel 24:15-16, for having decimated 70 thousand of his people; in Jonah 3:10, He regretted the evil He had promised to afflict in Nineveh, etc.

However, in 1 Samuel 15:29, he says while referring to God: " the Strength of Israel will not lie nor repent: for he is not a man, that he should repent."

This mentality and actions are understandable and even compatible with the age that they were written. In 1800 BC, during which acts of barbarism reigned. Is it possible to believe that they could be directly originated from God, the supreme intelligence, the primary cause of all things, and perfection in all its attributes? Is it possible that today with the intellectual, moral, and ethical advances of humanity, man would not

see that God could not made these mistakes nor regretted what he had made?

In Deuteronomy 10:18 it is said that God “deals justly with the fatherless and widow, and loves the stranger, in giving him food and shelter”, and concludes: “Love ye therefore the stranger for ye were strangers in the land of Egypt”. However, still in Deuteronomy 20:16, God guides His people through the invasion and extermination of six nations, with the aim of taking over their lands. God orders the killing of everything that breathes.

In 1 Samuel 28:17-19, while referring to the war of Israel against Amalek, in a moment of fury, God ordered the killing of all that breathed, including children and even the animals. He punished Saul and his whole family with death and delivered Israel to the hands of its enemies, because Saul had not sacrificed all the animals that were intended to be offered.

Jayme Andrade, a writer and researcher of the Bible, in his book *O Espiritismo e as Igrejas Reformadas* (still not translated into English), counts more than 60 rage attacks attributed to God, between the books Exodus and 2 Kings.

Some reflections

A) In your conception of God, do you believe He could act in this way, so cruelly and perversely, ordering the killing of everything, even children, and then the punishment of Saul and all his family, and the people of Israel, based on the fact that they had left some animals alive?

If you were God, would you behave this way?

B) Do you think that God, the perfect justice, and the source of universal love, could have fury or anger attacks?

C) Do you believe the Creator to be as perverse and vengeful as demonstrated in the Old Testament, not only in this passage, but also in hundred others?

The passages stated in the text represent a minimal part of the absurdity found in the Old Testament with regards to God or Jehovah, lead us to several hypotheses:

A) Moses desired to have the respect of the people who were rude and proud. So, he attributed characteristics of fury, vengeance, and brutality to God, which are abundant in the Old Testament. These characteristics are also present in the holocausts, offerings, etc.

B) As Jayme Andrade puts on, it is quite likely that the spiritual guides, responsible for the evolution of the Israeli people, presented themselves as Jehovah. Jehovah was not God, but rather a spirit who had warlike characteristics in their race. Every man and every people have a spiritual guide compatible with their level of evolution. Perhaps one of the Israeli ancestors, positioned with the necessary authority, imposed himself and this school of thought to dominate.

The writer Aureliano Alves Neto, in the prologue of the book *O Espiritismo e as Igrejas Reformadas*, replicates the words of Reverend Maurice Elliott, in the book *Bible Blunders*: “The misunderstanding of the Bible is the worst enemy of mankind (...) No book is infallible. No church is infallible. We have been wrongly taught. God is Truth. To love God is to love the Truth, to love the search for the Truth, to love the fight for the Truth. There is no other way.”

Bear in mind that these words were told by a Reverend.

We can conclude then that the image of God presented by religions is absolutely incompatible with the unimaginable greatness of this fabulous “Cosmic Mind”. God is responsible for the creation and maintenance of the universe and all that is in it, including the life and

laws that control it. As, we are not even able to understand infinity and the dimension of time and space; we should not be so pretentious to attempt to define God.

Allan Kardec, in the codification of the Spiritist Doctrine, asked the superior spirits, “What is God?” and the answer was:

“God is the supreme intelligence – first cause of all things.”

The spirits went on and explained that God is eternal, infinite, unchangeable, immaterial, unique, all-powerful, just, and good.

Other attributes of God are very well explained in detailed in the first chapter of *The Spirits' Book*, one of the core books in the codification of the Spiritist Doctrine.

The spirit Miramez, in the book *Spiritist Philosophy*, vol.1, a psychography by João Nunes Maia, speaks of God in these terms:

“The Supreme Being of the Universe is Inconceivable and Incomparable. Nothing can be compared to the Universal Architect. All living beings have the sign of His love and are created out of His vigorous and energetic being. We are all sons of Love.”

“God is infinite and perfect. His inherent qualities radiate in every direction. He sustains and gives existence to all dimensions of existing. He is present in the clarity of the maximum and in the light of the minimum. He vibrates in the shapes of stars. He sings in the movements of atoms. He makes all the constellations move. He harmonises the cosmic nest.”

These affirmatives make us feel lighter, freer and at peace with life, as we begin to understand that God neither crushes us with His attacks nor rejects us due to His preferences. He does not punish us for faults, which are inherent to our spiritual immaturity, but conducts us with justice and

love in our path of spiritual evolution instead. God gives us new and renewed opportunities of readjustment to His laws.

We understand that for the Jewish the Old Testament is a sacred book, as it contains their history and is the basis for their religious life.

Having said this, for others who are from a different background and those open to rethinking about who is God, we need to let ourselves be guided by today's knowledge and not by the Old Testament strict interpretation which stagnates us in our evolution. As Reverend Maurice Elliot said: "The misunderstanding of the Bible is the worst enemy of mankind."

LOGICAL QUESTION

Where then is the religious truth?

The absolute and supreme truth is with God. Religions have parts or different pieces of this truth. This is why they are different, one from the other. This is the reason why many people go to one religion, and then move to another, until they find the one to which they better adjust, according to their degree of evolution and their mental perceptions.

In man's search for Truth, he looks for God. In man's impulse for evolution, he will find Truth in religion. The Truth that makes sense to him must fit his ideas, his inner nature, his degree of evolution, the way he sees, thinks, and feels. It can also be according to his spiritual interests or lack of them.

Therefore, many religions are useless despite their search for the Truth. True religion will exist on Earth only when human beings truly dedicate themselves to experiencing fraternity, good feelings, an honest, ethical and noble conduct, in the absence of pride, greed or hate. When this happens man's virtues will vibrate from inside him. All other

religions are only paths or formulas created to help man reach true religion one day; that which Jesus taught when he said: “Love God above all things, love your neighbour as yourself”.

CHAPTER 17

Who is Jesus?

More than the martyr of the cross, or the founder of religions, He was the Master that came to teach us the rudiments of a cosmic and evolutionary science.

If you had many children, being one of them a good and correct person, and the others presenting all the addictions and wickedness one could imagine... How would you act regarding them? Would you condemn the good child to death, so you could feel yourself settled about the faults and sins of the bad ones?

Do you believe that God, being Himself the own Perfection and the source of all Love, would condemn to death Jesus, a pure and innocent spirit, also all love himself, ordering his sacrifice upon the cross so he could rescue and settle the sins and wickedness of humankind with his blood? (Check Ephesians: 7 and Romans: 3: 23-26, among others).

Being God omnipotent, the maximum power of the universe, author of the universal laws, could He not just forgive the sins of the human being, without the need to sacrifice someone, even less an innocent as Jesus?

Some say that God could not derogate His own laws. However, if it were like that, we could think that He had created absurd, not to say stupid, laws like this one.

And even if it has fitted in the common sense, we could ask ourselves: what kind of rescue was that, wherein the human being kept being as sinner as before? And even the Christians that believed they are saved...Not even them were free of sin, because it is enough to be human for not being perfect.

Do not you think it is more coherent and in accordance with the greatness of God and of Jesus himself, not attributing him the character of “lamb of God to be sacrificed for the sins of humankind “, but the mission of Master instead?

Someone that came to teach the human being a new commandment, that is, the one of Love, in which so is included peace, forgiveness, respect and so on, even at the cost of his own sacrifice?

LET US THINK ABOUT IT?

Let us take a look, for example, the importance of his teaching on forgiveness, seen in the light of current knowledge.

When we cultivate wrongdoing, hate, resentment, or even mere rejection for someone, we generate low quality psychic energy.

This type of energy, when incompatible with our degree of evolution, produces a series of problems, starting with lack of harmony and balance of our spiritual states, such as irritation, anxiousness, depression, and many others up to producing various types of illnesses, physical body diseases, which is known as psychosomatics. Negative thoughts also attract spirits in negative conditions. This is because, in the spiritual vibration field, similar vibrations are attracted to each other. The negative spirits add their low emotional state to ours, and encourage more hate

and resentment, which can also generate other problems beyond the current discussion.

Thus, hate IS BAD FOR US in many ways. To nurture resentment is equally BAD FOR US. On the other hand, forgiveness creates an emotional state that produces high standard of energies, beneficial in every sense. Along with a state of well-being, high quality energies open our mental channels to have access to higher bands of the spiritual life.

Therefore, unconditional forgiveness is the wisest attitude because it IS GOOD FOR US.

Forgiving also relieves the heart and paves the way to happiness. Science informs us that joy is a best path in life for health and well-being. Joy prevents depression, strengthens our immune system and creates many other benefits.

Hence, it is in our own interest to forgive.

The wisdom of a true Master is there, in the teaching of forgiveness.

NATURAL QUESTION

If it is true that the energy that proceeds from negative feelings is harmful to our health, why then are there evildoers of all kinds? Those who hate, who envy, etc, are not always seeking the consequence of the evil energies they develop?

As we said previously, this kind of energy, when incompatible with our degree of evolution, produces a series of problems.

This means that those who are living through the most primary phases of evolution have these feelings within themselves, as their own, in the same way that a pig feels good in the mud and dirty places. But for those

in a higher level, in which the consciousness is more awake, there are higher spiritual standards. Higher spiritual levels have a more delicate texture of their spiritual body. For his reason, the incompatible energy with their degree of evolution causes serious harm to their minds and bodies.

FREQUENTLY ASKED QUESTION:

1. Why did Jesus recommend loving our enemies, practicing kindness to those who hate us as well as praying for those who prosecute and mistreat us?

Love is the great universal law, because it was commanded by the Creator and because it is the mechanism of evolution and wellbeing.

Those who follow this law, i.e., those who love, are undoing a vicious cycle of hatred and revenge. When a vibration* of hatred or of evil wishes reaches a person that who is able to love his/her enemies and who prays for them, this vibration is neutralized by the high level energy developed by him/her.

2. Are there cases in which loving people are also affected by evil?

The medium and speaker Divaldo Pereira Franco says that our unconscious is a filing system, filled with images that carry hatred, frustration, resentment, and anguish of all sorts, which were accumulated during previous incarnations. This filing system works as an element of connection with similar energies and opens access through our spiritual defenses.

Therefore it is so important to incorporate love and forgiveness in our everyday lives. By loving and forgiving the superior energy can reach our unconscious and begin to eliminate the heavy energies that remain there. This job requires a lot of discipline during many incarnations. The

sooner we implement love in our inner selves, the fewer accesses we will have in our spiritual defence and the quicker we will advance in our evolution toward true happiness.

3. Is it possible to love an enemy?

In the Gospel According to Spiritism (Cap XII) we have an interesting explanation about this question:

"If the principle of charity is to love one's neighbor, then to love one's enemies is the most sublime application of this same principle. This virtue represents one of the greatest victories which can be achieved against selfishness and pride."

"However, there is usually a misunderstanding in relation to the meaning of the word "love" in this situation. Jesus did not mean that each one of us should have the same tenderness for our enemy as we would feel for a brother, sister, or friend. Tenderness presupposes confidence. No one can have confidence in another person knowing that he/she bears malice. No one can show effusive friendship knowing that the "enemy" is likely to abuse the situation. There cannot be the same expression of sympathy between people who have no confidence amongst themselves. Expressions of sympathy exist between those who share the same ideas. In short, one does not feel the same pleasure with an enemy as he would feel when in the company of a friend."

"Therefore, to love your enemies does not mean showing an unnatural affection. The contact with an enemy makes our heartbeat in an entirely different manner than the way it beats when we have contact with a friend. The meaning of loving your enemy is not hating, nor bearing rancor against them, nor desiring vengeance. It means to forgive all the evil they have caused without hidden thoughts or conditions. It means to eliminate obstacles so that reconciliation can take place and to wish them well, instead of wishing bad things for them. It is to feel joy

at the good things that may come their way, instead of regret. To love your enemies is to help them whenever possible and to abstain from words or acts in everything which might harm them. Finally, it means to always return goodness for evil without any intention to humiliate. Whosoever can proceed in this manner fulfils the conditions of the commandment: Love your enemies."

The medium and speaker Divaldo Franco, at a Seminar about forgiveness and self-forgiveness, said "to forgive is to give everyone the right to be what they are and to allow us the right to be what we are."

And he went on, to say:

"If my neighbor is like this, I will not change him/her. If I am like this, I have the obligation to become somebody better. I cannot impose myself upon him/her for their modification because my words will only be syllables or lessons to him/her that will not be accepted, as he/she will not want to listen.

But I, who am looking forward to being happy, have the knowledge of my self-transformation. Hence, I will never repay evil with evil. I will always seek to repay all things with goodness."

Based on these and other reflections, we can see that Jesus was neither that martyr of the cross, nor the founder of religions, but he was the Master of all masters, who came to teach us the perfect science of well-being.

* Vibration = a mixture of thinking and emotion.

The lessons taught by Jesus were of such elevated moral content that they irritated many of those who heard Him.

Others followed Him because of His healings... Few who followed Him could truly practise His enlightened thinking and thus receive the energy and willpower to change their lives, while following His teachings...

CHAPTER 18

The Golgotha and the Tabor

In the history of Christianity, there are two mounts which have served as stage to exceptional situations.

One is the Golgotha, where Jesus was crucified; the other is the Tabor, where the Master met the materialized spirits of Moses and Elijah.

Why then only the Golgotha is remembered by Christians, while the events on the Tabor are almost unknown to most?

What is more important: death, the quick passage from one dimension to another, or life, with all it represents?

Jesus has been shown as the martyr of the cross; that sufferer being who was beaten, tortured, and crucified because of our sins; that human-God who endured all pain to redeem our guilt.

This idea of sacrificing somebody in place of somebody else reflects the prevalent mentality in ancient times, adopted also in the Old Testament.

It is an amazingly comfortable way of thinking, but also very unfair, founded in human selfishness and hypocrisy.

NATURAL QUESTION

If God is omnipotent, the supreme power of the universe, the author of universal laws, would He not be able to simply forgive the sins of human beings, without the need of sacrificing somebody, particularly somebody innocent like Jesus?

We, human beings, due to our spiritual immaturity, have the tendency to look for a scapegoat, instead of assuming our own share of responsibility for our own mistakes.

That was what happened in relation to Jesus. Instead of looking at him as the Master, who came with a task of teaching human beings how to find a path more compatible with evolution (moral evolution), some thought it best to transform him in a savior who would be freeing his followers from all sins through his own sufferance, who would redeem them all through his own sacrifice.

The time has come for us to start thinking more coherently, as in the world as it is now, there is no longer a place for such misleading beliefs. It is time to evaluate our values and make them more consistent with reality.

We may thus realize how old beliefs, which suppose that Jesus would have come on Earth to die at the cross and to pay our debts by suffering, are mistaken.

QUESTION FOR REFLECTION

If you had many children, and if only one of them were a just and good person and all others were vicious and evil...

How would you behave in relation to them? Would you sentence the good child to death to be even in relation to the wrongfulness perpetrated by the other children?

Jesus came to Earth as the Messiah, on a mission of sacrifice, to teach us a new way, a new Law, a new Order: that of Love. He came to speak of the immortality of the soul and to teach us how to act, which attitudes we should adopt for our own salvation, or better saying, for our own evolution, since we are not in need of salvation: we are not lost. We are, that is true, in need to progress, to evolve morally and spiritually.

He came as an older brother who teaches the younger ones and show them the right way.

The ideas he brought were so innovative - and difficult to accept at that time - that his death in such a dramatic condition was necessary to perpetuate his passage on Earth and his teachings, which had love as its foundation.

Do you not think that this approach is much more coherent with the idea of a God which is just and good?

We only have to reflect a little to conclude that, given that God is the supreme power of the universe, the author of universal laws, he could simply forgive all humanity's sins without the need of sacrificing somebody, much less an innocent being. Even better, while "programming" a human being, He could have made him perfect, with all the qualities and without any flaws.

QUESTION FOR REFLECTION

Regarding sin, do you believe that God would have included tendencies, desires, or needs in a human's "programmed" so as to come after him or her after all?

It is thus not reasonable to believe that He would have made us with inclinations for evildoing. Evil and good are in reality part of our evolution. By taking these roads, which are pervaded by our experiences,

our pains and joys of everyday life, that we learn precious life lessons of good conviviality, of fraternity, and good living.

There is talk of sin. Do you really believe that the Creator would have placed in the human being's programming, when he planned, inclinations, tendencies, desires or needs, to later charge him for these actions? Good and evil are part of evolution. It is through these paths that we learn the great lessons of life, of good coexistence, of fraternity, in short, the science of living well.

However, theology threw our responsibilities - our redemption - at Jesus and chose to ignore all he had taught about the law of action and reaction while saying “So in everything do to others as you would have them do to you” or “to each according to his work”.

Jewish people, since its origins, were used to make mistakes and repair – or erase – them with animal sacrifices. This practice was taught to them by Moses because it was adequate to their state of evolution in that given period in history. Nonetheless, you may observe that in the ten commandments received at the Sinai there is no such instruction, because those are an expression of universal principles of ethics and justice. They do not speak of any kind of sacrifice; they actually speak of conduct, of attitude. They are directions; a life guide for human beings aiming at social justice, peace, and respect for the divine.

The redemption of sins and the obtaining of complacency from the gods through the offering of sacrifices was a custom much older than Moses, but it was him who codified it for the Israeli people, with the aim of “easing the fury of God” and obtaining His blessings of health and material prosperity.

QUESTIONS FOR REFLECTION

1 – Do you believe God may be furious with its immature sons' faults?

2 – Do you believe God, in case of fury, would become less furious if some animals were offered in sacrifice?

3 – Would God, the primary cause of all things, be pleased by the smell of blood from sacrifices, as it is presented in the Bible?

This belief that God may be subject to fits of fury or that He may feel pleased by sacrifices is an expression of the deep human ignorance.

NATURAL QUESTIONS

Why was Jesus considered the “Lamb of God”?

Jesus’ followers, all Jews, saw in him the “Lamb of God”, the one who would cleanse the world from sins. This idea was in accordance with the Jewish tradition, and with this his teachings and constant exhortations about the necessity of changing attitudes and mindset were put aside.

Changes of this nature – that is, changes of paradigm – depend on the evolution and spiritual maturity. That is the reason why, only now after almost 2000 years, that the bigger picture of Jesus’ mission on Earth is starting to be understood.

It is also the moment we start to apprehend the greatness of the Tabor, where the Master talked to the spirits of Elijah and Moses, perfectly materialized.

At that moment, phenomena of various expressions took place: there was the encounter of the Christ with his direct assistants responsible for caring for the Jewish people, which marked the beginning of a new era for humanity, or at least for the Christian world. There was the phenomenon of materialization, which proved the immortality of beings; the communication between Jesus and those spirits, proving the truth of mediumship and the possibility of exchange between these two dimensions of life. This communication was witnessed by some disciples,

who watched this transcendent meeting and took this news beyond posterity. And finally, there was the presence of Elijah and John the Baptist in the same person, because the Master had said in various opportunities that John the Baptist was the same Elijah of the Old Testament who had returned to the material world as his predecessor, confirming the truth of reincarnation.

And we may thus see that the immense light which shone at the Tabor, and spoke about life, immortality, mediumship, and reincarnation, may be finally seen by a small part of Christians, which is already a big step.

Today, we may start to understand that the Christ's message is that of life, immortality, wisdom, perfection, evolution, and love, and not that of death. Praise the Lord.

Forgiveness and love generate a magnetic field of powerful positive energies which enhance our vibratory pattern and leave us out of the reach of low vibrations from spirits of this category which may want to cause us harm.

CHAPTER 19

The Consoler

The Christian world distorted the teachings of Jesus by introducing the premise that His blood or the religious practices could save sinners.

What the Master preached was, in fact, the need of moral perfectionment, which is expressed by the conducts: "Be perfect as your

celestial father is perfect”, “To each according to his work”, etc. Matthew 16:27, I Peter 1:17, Jeremiah 17:10.

In addition, nobody needs salvation, because nobody is lost. What we need is, indeed, to evolve.

The information and clarifications offered by the Spiritism Doctrine do not conflict with the lessons Jesus taught to the world, it is quite the opposite. At that time He could not give explanations about reincarnation, the laws of evolution, action and reaction etc., because they would not understand Him, but He promised to send the Spirit of Truth, in due time, to tell the whole truth and remind the world of their teachings.

Some religions say that the Consoler would have come at Pentecost. However, it would not have been justified that somebody would come to say the entire truth at Pentecost, given that Jesus had already spoke of everything that human society could take at that moment, as He said it Himself. Moreover, at Pentecost there were no revelations. There were no reasons for somebody to come and recall the lessons preached by the Master either, as these were still very much alive in the minds and hearts of His followers.

However, in the 19th Century, His message had been long forgotten by Christians. The Spirit of the Truth then came, through the mediumship, to remember such message, and brought all the information and explanations Jesus had not been able to provide himself at the moment He came, as he would not have been understood. In more recent times, though, with another knowledge level and having passed many years of Christianity consolidation, humankind is already mature enough to receive further clarification about life and the mechanisms for progress.

Human's apprenticeship is like that of a child, who receives lessons according to his ability to assimilate and understand them, as he grows up.

Also, the title, the Consoler, fits Spiritism perfectly. Is there bigger consolation than knowing that:

a) our beloved ones who died are not dead, but alive and on the path of evolution in another dimension of life; eventually they will be able to communicate with us through mediumship;

b) nobody will go to hell and suffer for eternity;

c) our beloved ones who have “not accepted Jesus” in this life are not lost or condemned to damnation because of it.

And for those who have a very heavy conscious, consolation may exist only if they know that one day they will have the opportunity to fix the evil they have done, even if it happens in another incarnation.

The lessons taught by Jesus are of such high moral standards that many who have heard Him got irritated.

Others followed Him because of the miracles and healings He could perform...

Very few were truly able to get tuned in to His enlightened mind and from this get the courage and energy to change their lives and follow His steps...

CHAPTER 20

The Prayer

The best of all temples is the intimacy of our heart, the church of the soul, where in the silence of meditation and prayer we can connect with the more elevated bands and nourish our spirit with the superior energies.

FREQUENTLY ASKED QUESTION

Where is the best place to pray at?

At the Gospel of John, Chapter 4, it is said that Jesus, while speaking to a Samaritan woman about the place where God should be worshiped, told her: "Woman, believe me, the hour is coming, when you shall neither on this mountain, nor in Jerusalem, worship the Father." (...) "when the true worshippers shall worship the Father in spirit and in truth".

We can thus see that temples and special places are not necessary in order to worship God.

The best of all temples is the intimacy of our heart, the church of the soul, where in the silence of meditation and prayer we can connect with the more elevated bands and nourish our spirit with the superior energies.

QUESTION FOR REFLECTION

What is more important, attending a church, a spiritism centre, to participate in collective prayers, to pray or to become a better person?

What is the point of visiting our faith's temples, if we bring a mind filled with bad thoughts; if the heart does not forgive, if the emotions are focused in material interests and lower passions?

Jesus was very clear when he said "Before going into the temple to make your offer, go and be reconciled with your enemy". This means that in order to get in contact with the higher force we firstly must clean

our heart of all hatred, resentments and dirtiness which developed from our selfish and anti-fraternal attitudes.

If we clean our house daily, we should also continuously clean our spiritual home, our inner self. We are constantly visited by divine messengers, the good spirits, and they see us from the inside, they perceive our feelings and our most secret thoughts, as well as the garbage we accumulate through our conduct.

It is also necessary to learn how to pray, without abusing the sublime dimensions of the prayer.

NATURAL QUESTION

What should we understand of "abusing the prayer"?

We abuse the prayer when we regurgitate prayers we know by heart, in an automatic way; when we ask selfish and anti-fraternal things and when we promise something to God or to the superior beings in exchange of favors.

Prayers known by heart also have their own value. When our spiritual structure is heavy with materialism, or with incompatible energies, it is hard to be in the same vibration of the more elevated spiritual zones. In these situations, depending on the case, this sort of prayer may help as long as the thought and the emotion remain fixated in the ideas it presents. This continued connection of emotion and thought with ideas of elevated spiritual values makes possible the elimination of part of the materialism, which allows religiosity to blossom.

God helps us on the measure of our needs and the importance of the prayer remains due to the fact it makes us feel good. It makes us receptive, potentializes our faith and allow us to tune with the higher bands. It is through these channels that the spiritual benefactors inspire

us in the name of the Father, and help us in various ways, whenever this is permitted.

The prayer, to produce its effects, has to come from the deepness of the soul, in a high vibration of faith and love, and must carry legitimate requests. It is not necessary to speak a lot, but just the necessary to present what is requested. However, it is not even necessary to speak, because God knows, better than ourselves, whatever we are in need of. The act of speaking is for us to arrange our thoughts, visualize our needs, and mobilize and direct the energies involved in the act of asking.

NATURAL QUESTION

What kinds of requests may be considered legitimate?

We can and we should ask God's help at the hours of need and at the moments of affliction, as well as thank Him for all that life He provides us with. We can also pray asking for protection and guidance for our lives. However, the best of all prayers is the one in which we ask the Lord of Life to help us vanquish our imperfections and develop values such as fraternity, honesty, fairness, and peace.

Another beneficial request is the one we make for other people, especially for those who are connected to us by ties of affection or by interests. This happens when we pray for those who suffer, for the anonymously ill persons, for the addicts and criminals; when we ask the Lord of Life for peace on Earth, for social justice, for fraternity among all and also for those who govern so that they can govern better.

FREQUENTLY ASKED QUESTION

How can the prayer be better or more effective?

In order to talk to God, we neither need to recite beautiful prayers nor complicated phrases. He does not worry about this, but He does care about the sincerity in our hearts and the efforts we make to follow His Law. Thus, it is preferable that we talk to God with the humbleness of our speech and the honesty of our soul, than to declaim prayers elaborated by others.

NATURAL QUESTION

Is there any value in promises made in the name of Saints or even to God?

There are promises which are beneficial, when we promise to abandon an addiction or to do something nice. Even in these situations, however, it is a sign of immaturity.

Many people make a promise in the following terms: "My Dear Saint ..., if you provide me with ..., I promise I will light a large-sized candle before an image or yours".

But these superior beings, do they sell their help?

Will they feel pleasure with candles or other kinds of promises and offers?

Would the Sovereign Lord sell his gifts? Or do we pay for sunlight, for the rain, or the birds and the flowers that decorate our way and bring joy to our lives? Do we give something in exchange for blue skies or starry nights, for the blow of the wind or for the sounds of life that make our hearts content? Do we pay something for the sense of seeing, speaking, or hearing? Can we buy friendship or love, which are the very reason of being?

NATURAL QUESTION

Is it necessary to deserve, to ask for God's help?

We can always ask for God's help. For this, it is not necessary to be "good", or fulfill His Laws. But when affliction reaches us and we look up in search of help, this act must also represent a moment of meditation, of questioning about ourselves, about the way we are conducting our lives. In the same way, it is important to take decisions with the aim of becoming deserving persons before the superior powers.

Pain and suffering are not punishments by God. Sometimes they represent ransom from the bad actions perpetrated in the past; others are warnings life sends us to tell us to change paths.

The fact of deserving is also important, so much so that Jesus said: "and they were judged every man according to their works".

To pray is to open our inner self to the light of God, it is to talk with the Father, in deep love and respect that we own Him.

It is said that an old slave had a great desire to enter the Farm Chapel, but this was forbidden to him. He knew the story of Our Lord and he deeply loved that white Lord, who had died at the cross for the love he had for all creatures.

On Sundays, when the Chapel was full of people, the old slave would get on his knees, in the middle of the woods, looking from far away those windows and the cross placed high, he would take off his hat and say, with a lot of respect: "Jesus, my Lord, your old man is here..."

No question that the Master would listen to the prayer of the old slave and would involve his heart in vibrations of joy and peace.

But would He also hear the pride, cold and repeated prayers of the majority of those who crowded the Chapel?

NATURAL QUESTION

What is the frequency with which we should pray?

There are no limits nor quantities for the prayer, but it is always beneficial to have a continuous spiritual link to the higher bands of life; not really the fact of requesting things; but mostly the fact of connecting, elevating, broadening the spiritual boundaries of oneself, the fact of going beyond the interior dimensions and of connecting to the higher and more noble vibratory zones, to the bands of superior thinking.

The prayer may be formulated with words, but this can also be waived, as long as one opens the inner world up to the Higher, such as a flower that opens up to sunlight and benefits from its rays at the same time it irradiates feelings of love and gratitude for the Lord of Life.

The prayer creates immeasurable strengths within us and, when it vibrates in the love bands, it produces the most elevated vibratory pattern we are able to reach. It is relevant to point out that the elevation of the vibratory pattern allows negative energies to “be burned” from our energetic system.

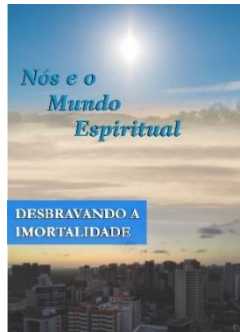
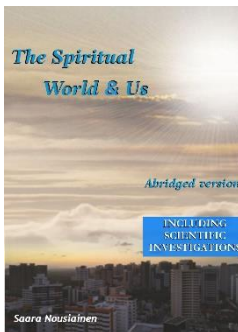
The importance of the prayer has been underlined in various scientific research, which prove how much they help those who are ill. But it is worthless to recite rosaries if the thinking and feeling are not along, if they do not vibrate as a unique whole together with the words of the prayer.

I. Dr. Masaru Emoto, a researcher, and his team, performed very important experiments. They froze water that had been submitted to the vibrations of a prayer made clearly and purely. Under the microscope, the structure of molecules appeared crystal-like, and presented beautiful geometric figures. As to the water that had been submitted to negative feelings vibrations, it presented ugly, uneven, disagreeable, and even grotesque forms.

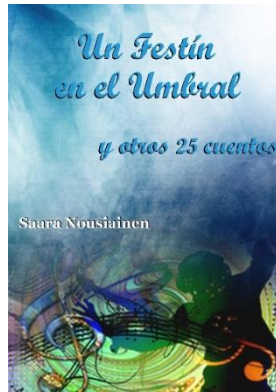
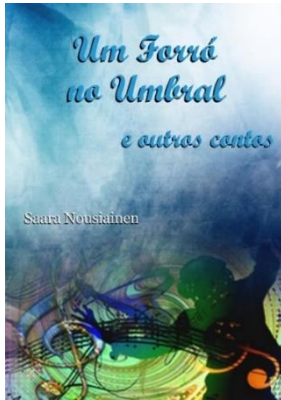
II. Let us remember that our organism is made of 70% of water. Therefore, thoughts, feelings and emotions of love, faith and joy vibrate positively in the entire spiritual psychic structure, as well as on our carnal body.

THE END

**Other works by the author on Amazon:
in English, Portuguese and Spanish.**



**Book with 26 short stories - UM FORRÓ NO UMBRAL.
in Portuguese and Spanish.**



What Happens After Life – in Portuguese and Spanish

